



KickFit Martial Arts Schools

# Class Schedule

Wimbledon School

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Monday A Day	Tuesday A Day	Wednesday B Day	Thursday B Day	Saturday A Day
<b>Junior BASIC: white, yellow, orange</b>				
5 to 5:45pm		5 to 5:45pm		
<b>Junior INTERMEDIATE: green, blue, purple, adv. purple</b>				
5:50 to 6:35pm		5:50 to 6:35pm		
<b>Junior ADVANCED: brown, adv. brown, red, int. red, adv. red</b>				
6:40 to 7:25pm		6:40 to 7:25pm		
<b>JUNIOR: Black Belt</b>				
6:40 to 7:25pm		6:40 to 7:25pm		
<b>ADULT: Basic &amp; all grades</b>				
7:30 to 8:15pm		7:30 to 8:15pm		

- **SPECIAL CLASS SCHEDULE**– every week 5, Wednesday only

**BELT GRADUATION CEREMONY:** Junior Grades at 5:45pm & 6:30pm, Adult Grades at 7:30pm

- **TRAINING VENUE**

**Mon & Weds:** All Saints' Church hall, All Saints Rd, South Wimbledon SW19 1BU

- **CLASS NOTES**

1. 'A' Days will cover Traditional Martial Arts and Technical training
2. 'B' Days will cover Self-Defence Skills and Reaction Drills
3. Students should aim to attend one A and one B class each week, any absences may be made up by attending extra classes (*ask your instructor for a schedule*)
4. Arrive 10 minutes before your class and pull your attendance card
5. Warm-up or stretch before your start, prepare quietly for the lesson
6. Approved safety equipment is required on 'B' days by all intermediate and higher students
7. Approved weapons are required by all intermediate students and higher
8. Junior students from 6 to 12 years
9. Adult students from 13yrs+ (all grades require approved boxing or bag gloves)