



KickFit Martial Arts Schools

Class Schedule

Langley School

Tel: 0845 230 3323

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	Tuesday A Day	Wednesday B Day	Thursday B Day	Saturday A Day
Junior: white, yellow, orange, green, blue				
	5:15 to 6pm		5:15 to 6pm	
Junior INTERMEDIATE: purple, adv. purple				
	6:15 to 7pm		6:15 to 7pm	
Junior ADVANCED: brown, adv. brown, red, int. red, adv. red				
	6:15 to 7pm		6:15 to 7pm	
ADULT: basic & intermediate				
	7:15 to 8:10pm		7:15 to 8:10pm	
ADULT: advanced & Black Belt				
	7:15 to 8:10pm		7:15 to 8:10pm	

- **SPECIAL CLASS SCHEDULE**

BELT GRADUATION CEREMONY: day as per calendar schedule / no regular classes take place

- **TRAINING VENUE**

Tue & Thurs: Holy Family Church hall, Trelawney Avenue, Langley

- **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)