



KickFit Martial Arts Schools

Class Schedule

Reading School

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	Tuesday A Day		Thursday B Day	Saturday A Day
JUNIOR BASIC & INTERMEDIATE white , yellow, orange, green, blue				
	5 to 5:45pm		5 to 5:45pm	9 to 9:45am
JUNIOR INTERMEDIATE & Basic (older) green, blue, purple, adv. purple				
	5:55 to 6:40pm		5:55 to 6:40pm	9:45 to 10:30am
JUNIOR ADVANCED & BLACK BELT brown, adv. brown, red, int. red, adv. red, Black Belt				
	6:40 to 7:25pm		6:40 to 7:25pm	9:45 to 10:30am
ADULT – ALL GRADES				
	7:30 to 8:25pm		7:30 to 8:25pm	
BLACK BELT PREPARATION				
				10:45 to 11:30am

- **SPECIAL CLASS SCHEDULE**

- **BELT GRADUATION CEREMONY**

Thursday 7 to 7:45pm, as per schedule every 5 weeks, at Tilehurst venue

- **CLASS LOCATION**

Tue & Thurs: Prospect College sports hall, Cockney Hill, Tilehurst

Saturday: Beansheaf Community Centre, Charrington Road, Calcot

- **CLASS NOTES**

1. 'A' Days will cover Traditional Martial Arts and Technical training
2. 'B' Days will cover Self-Defence 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 by all intermediate students and higher students
7. Approved weapons are required by all advanced students and higher
8. Junior students from 7 to 12 years
9. Adult students from 13+ years (all grades will require approved boxing or bag gloves for safety)