



KickFit Martial Arts Schools

# Adult Schedule

**Main School - Slough**

**Tel: 0845 230 3323**

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Monday A Day	Tuesday A Day	Wednesday B Day	Thursday B Day	Saturday A Day
<b>BASIC: white, yellow, orange</b>				
8 to 8:45pm	7:35 to 8:30pm	8 to 8:45pm	7:30 to 8:15pm	9:50 to 10:35am
<b>INTERMEDIATE: green, blue, purple, adv. purple</b>				
7:30 to 8:25pm	7:35 to 8:30pm	7:30 to 8:25pm	7:30 to 8:25pm	9:50 to 10:35am
<b>ADVANCED: brown, adv. brown, red, int. red, adv. red</b>				
7:30 to 8:25pm +L	7:35 to 8:30pm	7:30 to 8:25pm +L	7:30 to 8:25pm	9:50 to 10:35am +L
<b>BLACK BELT</b>				
7:30 to 8:25pm +L	7:35 to 8:30pm	7:30 to 8:25pm +L	7:30 to 8:25pm	9:50 to 10:35am +L
<b>PREPARATION CLASS: adv. red and black belt</b>				
<i>This class is attended in addition to regular twice a-week schedule</i>				Wednesday 7:15 to 8pm

- **SPECIAL CLASS TIMETABLE – each week 5 Saturday only**  
**BELT GRADUATION CEREMONY from 10 to 10:45am:** no regular classes take place

### MAIN SCHOOL TRAINING VENUES

**Mon, Wed, Thurs, Sat:** Westgate School, Cippenham Lane, Slough

**Tue:** Montem School, Chalvey Grove, Slough

### CLASS NOTES

1. 'A' Days will cover Traditional Martial Arts and Technical training
2. 'B' Days will cover Self-Defence and Reaction Drills
3. +L means leadership training, additional 15 minute class available in addition to regular class
4. Students should **attend twice a week**, one A and one B class each week, any absences may be made up by attending extra classes (*ask your instructor for a schedule*)
5. Arrive 10 minutes before your class and pull your attendance card
6. Warm-up or stretch before your start, prepare quietly for the lesson
7. Approved KickFit safety equipment is required by all intermediate students and higher students
8. Adult students from 13 years