



KickFit Martial Arts Schools

Junior 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
LITTLE CHAMPION: all grades				
5 to 5:30pm BBC to 5:45pm or 6 to 6:30pm		5 to 5:30pm BBC to 5:45pm or 6 to 6:30pm	6 to 6:30pm BBC to 6:45pm	10 to 10:30am BBC to 10:45am
BASIC: white, yellow, orange				
5:45 to 6:30pm	5 to 5:45pm or 6:45 to 7:30pm	5:45 to 6:30pm	5 to 5:45pm or 6:45 to 7:30pm	9 to 9:45am
INTERMEDIATE: green, blue, purple, adv. purple				
5 to 5:45pm	5 to 5:45pm or 6:45 to 7:30pm	5 to 5:45pm	5 to 5:45pm or 6:45 to 7:30pm	9 to 9:45am
ADVANCED: brown, adv. brown, red, int. red, adv. red				
5 to 5:45pm or 6:30 to 7:15pm+L	5:50 to 6:35pm +L or 6:45 to 7:30pm +L	5 to 5:45pm or 6:30 to 7:15pm+L	5:50 to 6:35pm +L or 6:45 to 7:30pm +L	9:50 to 10:35am +L
JUNIOR BLACK BELT				
6:30 to 7:15pm	5:50 to 6:35pm +L or 6:45 to 7:30pm +L	6:30 to 7:15pm	5:50 to 6:35pm +L or 6:45 to 7:30pm +L	9:50 to 10:35am +L
PREPARATION CLASS: adv. red and black belt				
<i>This class is attended in addition to regular twice a-week schedule</i>				FRI: 5:30 to 6:30pm SAT: 10:45 to 11:45am

• **SPECIAL CLASS TIMETABLE – each week 5 Saturday only**

BELT GRADUATION CEREMONY from 8:45 to 9:45am: no regular classes take place (except LChamps@10a)

• **MAIN SCHOOL TRAINING VENUES**

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

Tue: Montem School, Chalvey Grove, Slough

• **CLASS NOTES**

- 'A' Days will cover Traditional Martial Arts and Technical training
- 'B' Days will cover Self-Defence and Reaction Drills
- +L means leadership training, additional 15 minute class available in addition to regular class
- 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*)
- Arrive 10 minutes before your class and pull your attendance card
- Move to your Prep Zone to prepare quietly for the lesson
- Approved KickFit safety equipment is required on 'B' days by all students, intermediate and higher
- Junior students from 7 to 12 years
- Little Champion students 4 to 6 years

Valid From: 19 OCT 09