



# Tring Martial Arts Academy

*Please recommend us to your family and friends!*

## April 2018

**APRIL EVENTS**  
**NOT TO BE MISSED!!**

**EASTER CLOSURE**  
**FRI 30TH MARCH - MON 2ND APRIL**  
**CLASSES RE-OPEN 3RD APRIL**

**EASTER CAMPS**  
**TUE 10th & THUR 12th 10am / 3pm**  
**A fun day of martial arts,**  
**Board breaking, nerf wars and games.**  
**Please ask a member of the team for**  
**further details.**

**PRE - BLACK BELT TEST**  
**All students who have been invited to**  
**test for their Black Belt, are to attend a**  
**F.O.G test on Wed 18th 7pm - 7:50pm**

**LADIES SELF DEFENCE**  
**WORKSHOP**  
**Free Ladies self defence seminar,**  
**Wed 25th 7pm - 7:50pm. Book early to**  
**avoid disappointment. Please ask a**  
**member of the team for further details.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 CLOSED	3	4	5	6	7
8	9	10 EASTER CAMP	11	12 EASTER CAMP	13	14
15	16	17	18 F.O.G TEST	19	20	21
22	23	24	25 FREE LADIES SELF-DEFENCE WORK SHOP	26	27	28
29	30					

TESTING WEEK	BUDDY WEEK	CLOSED
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**"A positive attitude will lead to positive outcomes"**  
**"Be the energy, you want to attract"**

*For any further information please speak with your instructor or call 01442 795001*

# Tring Martial Arts Academy - Timetable 2018

BEGINNER MARTIAL ARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kids 4 to 6 years	4:15pm	4:15pm	4:15pm	4:15pm		
Kids 7 to 10 years		5:05pm	4:15pm	5:05pm	4:15pm	9:05am
Kids 10 to 12 years	5:05pm		5:05pm		6:00pm	11:00am
Teens & Adults Freestyle Martial Arts	6:00pm 8:00pm	7:00pm	6:00pm 8:00pm	7:00pm	6:00pm	11:00am
Teens & Adults Krav Maga		8:00pm		8:00pm		
INT / ADV & BLACK BELT MARTIAL ARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kids 7 to 10 years		5:05pm (D2)		5:05pm (D2)		
Kids 10 to 12 years		5:05pm	5:05pm (D2)	5:05pm		
Teens & Adults Freestyle Martial Arts	7:00pm	6:00pm 7:00pm		6:00pm 7:00pm	5:00pm	10:00am
Black Belt Kids 10 – 12 years			6:00-6:50pm			
Black Belt Teens & Adults		8:00pm		8:00pm		
FITNESS ONLY CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Teens & Adults	9:30am	9:30am 6:00pm	5:15pm	9:30am		10:00am
COURSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tai Chi			7:00pm (Intermediates) 8:00pm (Beginners)			
Qigong					7:00pm (All Abilities)	

Class duration Fitness Classes & 4-6yrs 30mins, 7-10yrs 45mins, 10+ 50 mins | Courses by prior booking only