

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 8:00pm	6:00pm 7:00pm		6:00pm 7:00pm	5:00pm	10:00am
Black Belt Kids 10 – 12 years			6:00pm			
Black Belt Teens & Adults		7:00pm		8:00pm		
ULTRAFIT CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ladies Only	6:10am 9:30am		6:10am 9:30am		6:10am 9:30am	
COURSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tai Chi			7:00pm (Intermediates) 8:00pm (Beginners)			
Qigong					7:00pm (All Abilities)	



Tring Martial Arts Academy

Please recommend us to your family and friends!

JUNE EVENTS

NOT TO BE MISSED!!

ULTRAFIT OPEN DAY

SATURDAY 9th:

What is UltraFit? A brand new type of workout designed to get you in shape through a 6 week challenge. Please pick up a leaflet form reception.

BLACK BELT TEST

SATURDAY 16th:

Today is the day for pre-blackbelt candidates to earn their Black belt. Good luck to all participating. All other classes are on as usual.

TRING CARNIVAL

Saturday 23rd:

We will be in Tring Park for the carnival, spreading the word of Tring Martial Arts. Come by and say hello.

BUDDY WEEK:

Bring a friend to any appropriate aged, beginners class for a free lesson.

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9 <i>UltraFit Open Day</i>
10	11	12	13	14	15	16 <i>Black Belt Test</i>
17	18	19	20	21	22	23 <i>Tring Carnival</i>
24	25	26	27	28	29	30

**TESTING
WEEK**

**BUDDY
WEEK**

CLOSED

"The best preparation for tomorrow, is doing your best today"

"Strive for progress, not perfection"

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

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