



TEL: 0345 230 3323

Main School

Mon, Tue, Wed, Thurs, Sat: Westgate School, Cippenham Lane, Slough SL1 5AH
 Morning Classes and Friday at HQ: 395 Montrose Avenue, Slough SL1 4TJ

Private Martial Arts Centre : Teaching KickFit Blend System

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KickFit Martial Arts schools



training tips, event photos and videos, latest news
 class announcements, timetable changes

www.facebook.com/KickFitAcademy

MORNING

AFTERNOON

EVENING

	MONDAY A		TUESDAY A		WEDNESDAY B		THURSDAY B		FRIDAY	SATURDAY A		
	KickFit HQ School Holidays 10 to 10:45am Junior Basic Little Champs		'A' Days will cover Traditional Martial Arts and Technical training		'B' Days will cover Self-Defence and Reaction Drills bring sparring gear		GREEN+ bring sparring gear		KickFit HQ School Holidays 10 to 10:45am Junior Basic Little Champs		9 to 9:45am Junior White, Yellow, Orange Basic	9 to 9:45am Junior Green to Red Intermediate Advanced
	KickFit HQ 10 to 10:55am Green to Black Adult <i>not school holiday</i>	KickFit HQ School Holidays 11 to 11:45am Junior Green to Black	KickFit HQ 12 to 12:30pm Jiu-Jitsu Defence Adult White Gi (GR+)				KickFit HQ 10 to 10:55am Green to Black Adult <i>not school holiday</i>	KickFit HQ School Holidays 11 to 11:45am Junior Green to Black		10 to 10:30am Little Champion 4 to 6 years All belts	9:50 to 10:35am Junior Red to Black Advanced	
									 Friday Classes at KickFit HQ	10:40 to 11:10am Little Champion 4 to 6 years All belts	9:50 to 10:35am Adult, Cadet & Teen Green to Black	
	Floor 1	Floor 2	Floor 1	Floor 2	Floor 1	Floor 2	Floor 1	Floor 2				
	5 to 5:30pm Little Champion 4 to 6 years All belts	5 to 5:45pm Junior Green to Adv. Purple Intermediate	4 to 4:30pm Little Champion 4 to 6 years All belts	This Class only at KickFit HQ 395 Montrose Ave 	5 to 5:30pm Little Champion 4 to 6 years All belts	5 to 5:45pm Junior Green to Adv. Purple Intermediate	5 to 5:45pm Junior White, Yellow, Orange Basic	5 to 5:45pm Junior Green to Adv. Purple Intermediate	4 to 4:30pm Little Champion 4 to 6 years All belts	KickFit HQ 8:15 to 9:30am JR Double Class Green - Adv Red Pre-Booking REQ	10:45am to 12pm Black Belt Preparation Class	
	5:50 to 6:20pm Little Champion 4 to 6 years All belts	5:45 to 6:30pm Junior White, Yellow, Orange Basic	5:50 to 6:35pm Junior White, Yellow, Orange Basic	5:50 to 6:35pm Junior Green - Adv Red Intermediate Advanced	5:50 to 6:20pm Little Champion 4 to 6 years All belts	5:45 to 6:30pm Junior White, Yellow, Orange Basic	5:50 to 6:35pm Junior White, Yellow, Orange Basic	5:50 to 6:35pm Junior Brown to Black Advanced	4:45 to 5:30pm Red Belt Preparation Class Term Time Only	***** SPECIAL CLASS TIMETABLE each week 5 on Saturday only 9am only – Little Champions, Junior Basic, Junior Intermediate & Advanced No Black Belt, Adult, Cadet or Teen Class BELT GRADUATION CEREMONY at 9:45am by invitation only for All Students with Black Tip		
	6:40 to 7:25pm Cadet (12:14y) Green to Black Belt	6:30 to 7:15pm Junior Brown to Black Advanced	6:45 to 7:30pm Junior White, Yellow, Orange Basic	6:45 to 7:30pm Junior Green to Black Intermediate Advanced	6:40 to 7:25 Cadet (12:14y) Green to Black Belt	6:30 to 7:15 Junior Brown to Black Advanced	6:45 to 7:30 Junior Green to Adv. Purple Intermediate	6:45 to 7:30 Junior Brown to Black Advanced				
	7:45 to 8:30pm Adult and Teen Basic White, Yellow, Orange	7:30 to 8:25pm Adult and Teen Green to Black	7:30 to 8:15pm Adult and Teen Basic White, Yellow, Orange	7:30 to 8:25pm Adult, Cadet and Teen Green to Black	7:45 to 8:30 Adult and Teen Basic White, Yellow, Orange	7:30 to 8:25 Adult and Teen Green to Black	7:30 to 8:15 Adult and Teen Basic By Invite	7:30 to 8:25 Adult, Cadet and Teen Green to Black			<ul style="list-style-type: none"> • Little Champion students 4 to 6 yrs • Junior students from 7 to 12 years • Cadets from 12 to 14 years 	



SPECIALIST CLASSES AT KICKFIT HQ

GJJ Ju-Jitsu Self-Defence:

Thursday 7:15 to 8:15pm,
 every 2 weeks, sign-up at School

Rookie Sun Bae Classroom Assistant Course:

Saturday 12:45 to 2:15pm,
 every 5 weeks, by invitation from your instructor