



Tring Martial Arts Academy

www.TringMartialArts.com



SUMMER TIMETABLE 22ND JULY UNTIL 31ST AUGUST

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY			
		Dojo 1	Dojo 2	Dojo 1	Dojo 2	Dojo 1	Dojo 2	Dojo 1	Dojo 2	Dojo 1	Dojo 1	Dojo 2		
MORNING		6:10 - 6:50 ULTRAFIT LADIES ONLY				6:10 - 6:50 ULTRAFIT LADIES ONLY				6:10 - 6:50 ULTRAFIT LADIES ONLY	8:10 - 8:50 ULTRAFIT LADIES ONLY			
		1:00 - 1:50 SOLO TRAINING				1:00 - 1:50 SOLO TRAINING				1:00 - 1:50 SOLO TRAINING	9:05 - 9:50 KICKBOX KIDS ALL GRADES			
	AFTERNOON				4:15 - 4:45 4-5YRS JUNIORS		4:15 - 4:45 4-5YRS JUNIORS		4:15 - 4:45 4-5YRS JUNIORS		4:15 - 5:00 6-10 YRS BEGINNERS	10:00 - 10:50 FREESTYLE MA INTERM / ADV		
					5:05 - 5:50 6-10 YRS ALL GRADES		5:05 - 5:50 6-10 YRS ALL GRADES		5:05 - 5:50 6-10 YRS ALL GRADES		5:00 - 5:50 FREESTYLE MA ALL GRADES	11:00 - 11:50 FREESTYLE MA BEGINNERS		
			6:00 - 6:50 FREESTYLE MA BEGINNERS		6:00 - 6:50 FREESTYLE MA INTERM / ADV		6:00 - 6:50 BLACK BELT CLASS		6:00 - 6:50 FREESTYLE MA INTERM / ADV	6:15 - 6:45 ULTRAFIT LADIES ONLY		BIRTHDAY PARTIES SEMINARS EVENTS		
EVENING		7:00 - 7:50 FREESTYLE MA INTERM / ADV	7:00 - 7:30 ULTRAFIT LADIES ONLY	7:00 - 7:50 FREESTYLE MA ALL GRADES	7:00 - 7:30 ULTRAFIT LADIES ONLY	7:00 - 7:50 TAI CHI BEGINNERS		7:00 - 7:50 FREESTYLE MA ALL GRADES						
		8:00 - 8:50 FREESTYLE MA ALL GRADES		8:00 - 8:50 KRAV MAGA ALL GRADES		8:00 - 8:50 TAI CHI INTERM/ADV	8:00 - 8:50 FREESTYLE MA ALL GRADES	8:00 - 8:50 KRAV MAGA ALL GRADES						

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Owned and operated by Shihan Christopher Allen, 5th Dan Black Belt.

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