



# Summer Timetable at a Glance - 22nd July to 31st Aug

<p><b>MONDAY</b>  Monday - 6:10am UltraFit  Monday - 1:00pm Solo Training  Monday - 6:00pm Freestyle Martial Arts Beginners  Monday - 7:00pm Freestyle Martial Arts Int/Adv  Monday - 7:00pm UltraFit <b>(no class in August)</b>  Monday - 8:00pm Freestyle Martial Arts All Grades*</p>	<p><b>THURSDAY</b>  Thursday - 4:15pm Kids 4-6yrs  Thursday - 5:05pm Kids 6-10yrs All Grades*  Thursday - 6:00pm Freestyle Martial Arts Beginners  Thursday - 6:15pm Ultrafit <b>(no class in August)</b>  Thursday - 7:00pm Freestyle Martial Arts All Grades*  Thursday - 8:00pm Krav Maga</p>
<p><b>TUESDAY</b>  Tuesday - 4:15pm Kids 4-6yrs  Tuesday - 5:05pm Kids 6-10yrs All Grades*  Tuesday - 6:00pm Freestyle Martial Arts Int / Adv  Tuesday - 7:00pm Freestyle Martial Arts All Grades*  Tuesday - 7:00pm Ultrafit <b>(no class in August)</b>  Tuesday - 8:00pm Krav Maga</p>	<p><b>FRIDAY</b>  Friday - 6:10am UltraFit  Friday - 1:00pm Solo Training  Friday - 4:15pm Kids 6-10yrs All Grades*  Friday - 5:05pm Freestyle Martial Arts All Grades*  Friday - 7:00pm Qigong <b>(no class in August)</b></p>
<p><b>WEDNESDAY</b>  Wednesday - 6:10am UltraFit  Wednesday - 1:00pm Solo Training  Wednesday - 4:15pm Kids 4-6yrs  Wednesday - 5:05pm Kids 6-10yrs All Grades*  Wednesday - 6:00pm Black Belt Class  Wednesday - 7:00pm Tai Chi Beginners  Wednesday - 8:00pm Tai Chi Int / Adv  Wednesday - 8:00pm Freestyle Martial Arts All Grades*</p>	<p><b>SATURDAY</b>  Saturday - 8:10am UltraFit  Saturday - 9:05am Kids 6-10yrs All Grades*  Saturday - 10:00am Freestyle Martial Arts Int/Adv  Saturday - 11:00am Freestyle Martial Arts Beginners</p>
<p><b>*All Grades</b> - in this class both Beginners and Intermediate &amp; Advanced students will train together in the same class but on grade specific curriculum.</p> <p><b>Monday Kids Classes:</b> due to poor attendance in both classes on a Monday we have decided to suspend these until September, please feel free to access classes on Tuesday, Wednesday or Thursday as usual.</p> <p><b>Testing Week:</b> Takes place week commencing 29th July 2019. Should you be unable to test due to a holiday commitment, please let us know in advance and we can arrange for the instructors to run a small group test at another time.</p> <p><b>Holiday Book:</b> If you are going on holiday for more than 1 week please complete the Holiday Book in reception so that we don't call you while you are away.</p> <p><b>Summer Camps:</b> Unfortunately, we are disappointed to not have received much support for these camps and have therefore taking the difficult decision to cancel these this year.</p> <p><b>Summer Holiday Closures:</b> The academy will be closed for the late summer bank holiday weekend Friday 23rd, Saturday 24th and Monday 26th August 2019 so that the TMA Team can spend this time with their families.</p> <p><b>Catch Up Classes:</b> As you know we do not suspend memberships during the summer, (if we did, we would not be here when you came back in September). Instead, we invite you to take additional classes before and/or after your holiday.</p> <p><b>Summer Training Rules:</b> Remember to bring with you a water bottle (and take it home afterwards). Wear your TMA Summer Uniform to class which consists of either T-Shirt or Vest, Shorts or just you uniform trousers. Summer Uniform may also be worn during test week.</p> <p>For more information about our Summer Timetable, to schedule catch up classes or 1-1 testing please call us on 01442 795001.</p>	