



# Tring Martial Arts Academy

www.TringMartialArts.com

Valid from 1st September 2019



MORNING  
AFTERNOON  
EVENING

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
9:15 - 10:00 ULTRAFIT LADIES ONLY				9:15 - 10:00 ULTRAFIT LADIES ONLY					4:15 - 5:00 6-10 YRS ALL GRADES	
1:00 - 2:00 TRING SCHOOL KICKBOXING		11:00 - 12:00 SOLO TRAINING		11:00 - 12:00 SOLO TRAINING		11:00 - 12:00 SOLO TRAINING		12:00 - 1:00 SOLO TRAINING	10:00 - 11:50 FREESTYLE MA INTERM / ADV	
		1:00 - 1:45 ULTRAFIT KICKBOXING		12:00 - 1:00 SOLO TRAINING		1:00 - 1:45 ULTRAFIT KICKBOXING		2:00 - 3:00 ERS SCHOOL KICKBOXING	11:00 - 11:50 FREESTYLE MA BEGINNERS	
		2:00 - 3:00 ERS SCHOOL KICKBOXING								
		4:15 - 4:45 KIDS 4-6 YRS		4:15 - 4:45 KIDS 4-6 YRS	4:15 - 5:00 6-10 YRS BEGINNERS	4:15 - 4:45 KIDS 4-6 YRS		4:15 - 5:00 6-10 YRS ALL GRADES	<b>BIRTHDAY PARTIES SEMINARS EVENTS</b>	
		5:05 - 5:50 6-10 YRS BEGINNERS	5:05 - 5:50 6-10 YRS INT/ADV	5:00 - 5:50 FREESTYLE MA INTERM / ADV		5:05 - 5:50 6-10 YRS BEGINNERS	5:05 - 5:50 6-10 YRS INT/ADV	5:00 - 5:50 FREESTYLE MA INTERM / ADV		
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		6:00 - 6:50 FREESTYLE MA BEGINNERS		
7:00 - 7:50 FREESTYLE MA INTERM / ADV		7:00 - 7:50 FREESTYLE MA BEGINNERS	7:00 - 7:50 FREESTYLE MA INTERM / ADV	7:00 - 7:50 TAI CHI BEGINNERS	7:00 - 7:50 INSTRUCTOR TRAINING	7:00 - 7:50 FREESTYLE MA BEGINNERS	7:00 - 7:50 FREESTYLE MA INTERM / ADV	7:00 - 7:50 QIGONG BEGINNERS		
8:00 - 8:50 FREESTYLE MA BEGINNERS	8:00 - 8:50 FREESTYLE MA INTERM / ADV	8:00 - 8:50 KRAV MAGA BEGINNERS		8:00 - 8:50 TAI CHI INTERM/ADV	8:00 - 8:50 FREESTYLE MA BEGINNERS	8:00 - 8:50 KRAV MAGA BEGINNERS				
ULTRAFIT H.I.I.T TRAINING LADIES ONLY & MIXED		KIDS MARTIAL ARTS JUNIORS 4 -6 YEARS		KIDS MARTIAL ARTS SENIORS 6-10 YRS		TAI CHI / QIGONG ADULTS ONLY		BLACK BELT CLASS ALL AGES		
	FREESTYLE MARTIAL ARTS 10-12, TEENS & ADULTS	KRAV MAGA TEENS & ADULTS		SCHOOL BOOKINGS ONLY		IDP ONLY				

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instagram/TringMartialArts

100% AGE APPROPRIATE CURRICULUM | OPEN 6 DAYS PER WEEK | FULL TIME INSTRUCTORS | PROFESSIONAL FULL TIME CENTRE | OLYMPIC STANDARD FLOORING | SAFE ENVIRONMENT | SPECTATORS VIEWING GALLERY | REFRESHMENTS | PROFESSIONAL PRO-SHOP | BEGINNERS CLASSES EVERY EVENING | IN-HOUSE INSTRUCTOR TRAINING PROGRAMME | NO HIDDEN FEES | GRADING & TESTING INCLUDED WITH MOST MEMBERSHIPS | FREE PARKING | 30+ YEARS OF UNIQUE CURRICULUM

DEDICATED TO PROVIDING PROFESSIONAL MARTIAL ARTS, FITNESS & LIFESKILLS SINCE JULY 2005

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