



Tring Martial Arts Academy

www.TringMartialArts.com

Valid 2nd March 2020



		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													
				11:00 - 12:00 SOLO TRAINING				11:00 - 12:00 SOLO TRAINING				9:05 - 9:50 6-10 YRS ALL GRADES	
		1:00 - 2:00 TRING SCHOOL KICKBOXING					12:00 - 1:00 SOLO TRAINING				12:00 - 1:00 SOLO TRAINING		10:00 - 11:50 FREESTYLE MA INTERM / ADV
				2:00 - 3:00 ERS SCHOOL KICKBOXING							2:00 - 3:00 ERS SCHOOL KICKBOXING		11:00 - 11:50 FREESTYLE MA BEGINNERS
		4:15 - 4:45 KIDS 4-6 YRS		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				BIRTHDAY PARTIES SEMINARS EVENTS
		5:05 - 5:50 6-10 YRS BEGINNERS		5:05 - 5:50 6-10 YRS BEGINNERS	5:05 - 5:50 6-10 YRS INT/ADV	5:00 - 5:50 FREESTYLE MA ALL GRADES	5:05 - 5:50 6-10 YRS INT/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 BLACK BELT TEST TRAINING	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 ALL ABILITIES				
	8:00 - 8:50 FREESTYLE MA BEGINNERS	8:00 - 8:50 FREESTYLE MA INTERM / ADV	8:00 - 8:50 FMA & KRAV MAGA		8:00 - 8:50 FREESTYLE MA ALL GRADES	8:00 - 8:50 TAI CHI INTERM/ADV	8:00 - 8:50 FMA & KRAV MAGA	Facebook.com/TringMartialArtsAcademy Twitter.com/TringMartialArt					
	BLACK BELT TEST TRAINING (COURSE)	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		FREESTYLE MA & KRAV MAGA COMBINED		SCHOOL BOOKINGS ONLY		IDP ONLY Last Weds every month					

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

Tring Martial Arts Academy, Unit 11, Silk Mill Business Park, Brook Street, Tring, Hertfordshire. HP23 5EF 01442 795001