

# Tring Martial Arts Academy Timetable – December 2020

## Physical Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
16:15 - 16:45		Kids 4-6		Kids 4-6	
17:00 - 17:45		Kids 6-12	Kids 6-12	Kids 6-12	Kids 6-12
18:00 - 18:45	Kids 10-12	Kids 6-12	Kids 10-12	Kids 6-12	Teens 13-17
19:00 - 19:45	Teens 13-17	Teens 13-17	Teens 13-17	Teens 13-17	
20:00 - 20:45	Adults 18+	Adults 18+	Adults 18+	Adults 18+	

Time	Saturday
09:00 – 09:45	Kids 6-12
10:00 – 10:45	Teens 13-17
11:00 – 11:45	Adults 18+

## Online Zoom Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
16:15 - 16:45		Kids 4-6		Kids 4-6	
17:00 - 17:45		Kids 6-10		Kids 6-10	
18:00 - 18:45	FMA 10+		FMA 10+		
19:00 - 19:45		FMA 10+		FMA 10+	
20:00 - 20:45		Krav 18+		Krav 18+	

Time	Saturday
09:00 – 09:45	Kids 6-10
10:00 – 10:45	
11:00 – 11:45	FMA 10+

## Online Facebook Live Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
16:15 - 16:45					
17:00 - 17:45					Kids 6-10
18:00 - 18:45		Kids 6-10		Kids 6-10	FMA 10+
19:00 - 19:45					
20:00 - 20:45					

Time	Saturday
09:00 – 09:45	Kids 6-10
10:00 – 10:45	
11:00 – 11:45	FMA 10+