



Tring Martial Arts Academy

Timetable August - December 2021

Silk Mill Business Park
Brook Street Tring
HP23 5EF

01442 795001

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--------|---|---|---|---|---|
| EVENING AFTERNOON | | 4:15 - 4:4pm Kids Martial Arts 4-6 All Grades | 4:15 - 4:45pm Kids Martial Arts 4-6 All Grades | 4:15 - 4:45pm Kids Martial Arts 4-6 All Grades | | 9:00 - 9:45pm Kids Martial Arts 6-10 All Grades |
| | | 5:00 - 5:45pm Kids Martial Arts 6-10 All Grades | 5:00 - 5:45pm Kids Martial Arts 6-10 All Grades | 5:00 - 5:45pm Kids Martial Arts 6-10 All Grades | 5:00 - 5:45pm Kids Martial Arts 6-10 All Grades | 10:00 - 10:45am FMA Int / Adv / BB |
| | | 6:00 - 6:45pm FMA Int / Adv / BB | 6:00 - 6:45pm Kids Martial Arts 6-10 All Grades | 6:00 - 6:45pm FMA Beginners | 6:00 - 6:45pm FMA Int / Adv / BB | 11:00 - 11:45am FMA Beginners |
| | | 7:00 - 7:45pm FMA Beginners | 7:00 - 7:45pm FMA Int / Adv / BB | RESERVED FOR EVENTS | 7:00 - 7:45pm FMA Beginners | |
| | | 8:00 - 8:45pm FMA Int / Adv / BB | 8:00 - 8:45pm FMA Beginners (+Krav) | 8:00 - 8:45pm FMA Int / Adv / BB | 8:00 - 8:45pm FMA Int / Adv / BB (+Krav) | |
| MORNING | | | | | | |

*A Black Belt Is A White Belt
That Never Quit!*

REALISTIC TRAINING | ORGANISED CURRICULUM | DYNAMIC CLASSES | TONING | CHARACTER EDUCATION | CHILD SAFETY PROGRAMME | SAFE AND CLEAN FACILITY | SELF DEFENCE | IMPROVED FITNESS & CONDITIONING | GOAL SETTING & ACHIEVEMENT | SELF-CONFIDENCE | WEIGHT LOSS | CONTROLLED SPARRING | GROUND WORK | WEAPONS TRAINING | REALITY BASED SELF DEFENCE | COMPETITIONS & EVENTS | PROFESSIONAL INSTRUCTION | FREE PARKING | VIEWING AREA | SPECTATORS WELCOME | COFFEE & REFRESHMENTS AVAILABLE | FREE WIFI

