



# Tring Martial Arts Academy

## Timetable August - December 2021

Silk Mill Business Park  
Brook Street Tring  
HP23 5EF

01442 795001

EVENING AFTERNOON

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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	5:00 - 5:45pm Kids Martial Arts 6-10 All Grades	10:00 - 10:45am FMA Int / Adv / BB (10+, Teens & Adults)
6:00 - 6:45pm FMA Int / Adv / BB (10+, Teens & Adults)	6:00 - 6:45pm Kids Martial Arts 6-10 All Grades	6:00 - 6:45pm FMA Beginners (10+, Teens & Adults)	6:00 - 6:45pm FMA Int / Adv / BB (10+, Teens & Adults)	6:00 - 6:45pm FMA Beginners (10+, Teens & Adults)	11:00 - 11:45am FMA Beginners (10+, Teens & Adults)
7:00 - 7:45pm FMA Beginners (10+, Teens & Adults)	7:00 - 7:45pm FMA Int / Adv / BB (10+, Teens & Adults)	RESERVED FOR EVENTS	7:00 - 7:45pm FMA Beginners (10+, Teens & Adults)		
8:00 - 8:45pm FMA Int / Adv / BB (Teens & Adults)	8:00 - 8:45pm FMA / Krav Beginners (Teens & Adults)	8:00 - 8:45pm FMA Int / Adv / BB (Teens & Adults)	8:00 - 8:45pm FMA / Krav Int/Adv BB (Teens & Adults)		

*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

