



Tring Martial Arts Academy

Timetable 2022

Silk Mill Business Park
Brook Street Tring HP23
5EF

01442 795001

EVENING AFTERNOON

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:15 - 4:45pm 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	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 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 10+, Teens & Adults
6:00 - 6:45pm FMA Int / Adv 10+, Teens & Adults	6:00 - 6:45pm FMA Beginners 10+, Teens & Adults	6:00 - 6:45pm FMA Beginners 10+, Teens & Adults	6:00 - 6:45pm FMA Int / Adv 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 10+, Teens & Adults	7:00 - 7:45pm Black Belt Class All ages	7:00 - 7:45pm FMA Beginners 10+, Teens & Adults	<p>A Black Belt Is A White Belt That Never Quit!</p>	
8:00 - 8:45pm FMA Int/Adv/BB Teens & Adults	8:00 - 8:45pm FMA Beginners Teens & Adults	8:00 - 8:45pm FMA Int / Adv / BB Teens & Adults	8:00 - 8:45pm FMA Int/Adv Teens & Adults		

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

