



August Newsletter

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New Classes Alert!

New Classsses!

ZONE - 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	16:30 - 17:15 Sparring Point Fighting 12 yrs under	16:30 - 17:15 Tae Kwon Do Mixed Level 12 yrs under	16:00 - 16:30 Martial Arts Flow & Tricks 12 yrs under	16:30 - 17:15 Kickboxing Junior Mixed Level 12 yrs under	16:30 - 17:15 Kickboxing Junior Mixed Level 12 yrs under	09:00 - 09:45 Tae Kwon Do Mixed Level 12 yrs under
ZONE - 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	17:30 - 18:15 Tae Kwon Do Mixed Level 12 yrs - 12 yrs	17:15 - 18:15 Tae Kwon Do Mixed Level 12 yrs - 12 yrs	17:30 - 18:15 Kickboxing Junior Mixed Level 12 yrs - 12 yrs	17:30 - 18:15 Kickboxing Cadet Mixed Level 12 yrs - 12 yrs	17:30 - 18:15 Kickboxing Teen Mixed Level 12 yrs - 12 yrs	10:00 - 11:30 Tae Kwon Do Mixed Level 12 yrs - 12 yrs
ZONE - 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	18:15 - 18:45 Point Fighting	18:15 - 18:45 Point Fighting	18:15 - 18:45 Point Fighting	18:15 - 18:45 Point Fighting	18:15 - 18:45 Point Fighting	11:30 - 12:00 Sparring

Dear Members,

We are thrilled to share some fantastic news with you! Our three new classes have been running for a month now, and we couldn't be happier with the results. Your enthusiasm and commitment have truly made these sessions a success.

Here's a quick recap of our new class schedule:

- Monday Junior Kickboxing at 4:30 PM
- Saturday Junior and Cadet at 10:00 AM
- Saturday Teens and Adults at 11:00 AM

The participation and energy in each class have been incredible. We owe a big thank you to our dedicated coaches, Alex and Charlie, whose expertise and passion have made these classes possible.

Flexible Attendance

We understand that sometimes life can get in the way of your regular class schedule. That's why we're offering flexible attendance options. If you want to attend an extra session or make up for a missed one, please feel free to join any of the classes mentioned above. No booking is required—just turn up and get ready to train!

Thank you for being a part of our community and for your continued support. We look forward to seeing you in class!





Upcoming Events and Announcements



Dear Members,

We have some exciting events and updates lined up for the coming months, and we wanted to share all the details with you!

Bank Holiday Schedule

Firstly, we are pleased to announce that the academy will be open on the bank holiday Monday at the end of August. Take advantage of this opportunity to get in an extra session and keep your training momentum going strong.

Competition in Southampton

Secondly, we are thrilled to announce that some of our students will be competing in Southampton on the 15th of September. This is a fantastic opportunity for our athletes to showcase their skills and represent our academy. We encourage everyone to come out and support our competitors.

Grading Invitations

Lastly, we will begin distributing grading invitations for the end of September. This is an excellent chance for students to demonstrate their progress and achieve new milestones in their training journey. Keep an eye out for your invitation and start preparing to put your best foot forward.

Thank you for your continued dedication and enthusiasm. We look forward to seeing you in class and at these upcoming events!



Exciting New Arrivals at Our Shop!

We are thrilled to introduce two fantastic new products that will soon be available in our shop. Here's a sneak peek at what's coming:

New PE Bag

Our latest PE Bag is designed with your convenience in mind. This spacious bag is larger than our previous model and features separate compartments for your water bottle, wallet, and shoes. Perfect for your daily activities and adventures! Visit our shop to check it out.

New Premium V-neck T-shirt

We are also excited to announce our new Premium V-neck T-shirt, crafted from high-quality, fast-dry material. This stylish T-shirt boasts a fancy design and is perfect for any occasion. Available in our shop starting September, with preorder information coming soon.

Stay tuned for more updates and be the first to get your hands on these fantastic new products!