



# THE ACADEMY

FAMILY MARTIAL ARTS CENTRES

INTEGRITY - COURAGE - RESPECT - HONESTY - FOCUS SELF DISCIPLINE - DETERMINATION

## High Wycombe Academy Class Times

Little Dragons (LD) Junior 4 -6 yrs

(JB) Junior beginners 6 -14 yrs

(JBBC) Junior Intermediates 7 -14 yrs

(JMC) Junior Advanced 7 -14 yrs

(Snr B) Senior Beginners

(Snr BBC) Senior Intermediates

(Snr MC) Senior Advanced

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10:00-11:00 Senior Open Class			10:00-11:00 Senior Open Class		
	4:30 - 5:00 LD		4:30 - 5:00 LD		4:30 - 5:00 LD	10:15-11:00 JB	
	5:00 - 5:45 JB	5:00 - 5:45 JB	5:00 - 5:45 JB	5:00-5:45 JBBC + JMC MMA	5:00 - 5:45 JB	11:00-11:45 JBBC + JMC	
	5:45-6:30 JMC	5:45 -6:30 JBBC	5:45-6:30 JBBC	5:45-6:30 Junior Kick Boxing	5:45-6:30 JBBC + JMC	11:45-12:30 JB-JBBC Demo Team (Invite Only)	
	6:30 - 7:15 Snr B	6:30-7:15 Junior Kick Boxing	6:30-7:15 JMC	6:30-7:15 All levels XMA	6:30-7:15 Leadership Team	12:30-1:15 Demo Team (Invite Only)	
	7:15 - 8:15 Snr MC	7:15-8:15 Adult Kick Boxing	7:15-8:15 Snr B	7:15-8:15 Snr BBC + Snr MC	7:15-8:15 Adult Kick Boxing	1:30-2:30 J 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Dan Training	
	8:15 - 9:15 Snr BBC	8:15-9:15 Adult MMA	8:15-9:15 Snr 1 <sup>st</sup> , 2 <sup>nd</sup> Dan Training	8:15-9:15 Adult Weapons	8:15-9:15 Adult MMA	2:30-3:30 Snr 1 <sup>st</sup> , 2 <sup>nd</sup> Dan Training	

1/12/08

High Wycombe Class Timetable

0845 600 54 30

High Wycombe Academy Unit 4B, Desborough Industrial Park, Desborough Park Road, High Wycombe, Bucks HP12 3BG  
www.martialartscentres.com