



TIME TABLE FOR 2009

SPORT KICKBOXING – KARATE – SELF-DEFENCE



Children Under 12's

Beginners Class	Monday	6pm	Basics
	Tuesday	6pm	Basics
	Thursday	5pm	intro
	Saturday	12noon	Basics

White belt	Monday	6pm	Basics
Yellow belt	Tuesday	6pm	Basics
	Thursday	6pm	Sparring

Orange belt	Wednesday	6pm	Basics
Green belt	Friday	6pm	Sparring
Blue belt	“		“
Purple belt	“		“

Brown belt	Monday	5pm	Basics
Black belts	Friday	6pm	Sparring

Monthly Fees

One class a week	£25 per month
Two classes a week	£40 per month
Three classes a week	£50 per month
Pay as you go	£7.00 per lesson.

Method of payment: cash/credit card/standing order

PRIVATE TUITION

POA

VENUE: UNIT 17 PREMIER ESTATE, BROCKMOOR, BRIERLEY HILL DY5 3UP

TEL: 01384 483628

www.bsmaonline.com

Adults

Beginners Class	Monday	8pm	Basics
	Wednesday	8pm	Basics
	Friday	7pm	Basics

White belt	Monday	7pm	Basics
Yellow	Wednesday	7pm	Basics
	Tuesday	8pm	Sparring/Techniques

Orange belt	Tuesday	7pm	Basics
Green belt	Wednesday	7pm	Pad work
Blue belt	“	“	“

Purple belt	Monday	7pm	Basics
Brown belt	Wednesday	7pm	Pad work

Black belt +	Tuesday	7pm	Extra training
	Saturday	10am	Advance basics

Adults Sparring

Ladies Orange belt +	Thursday	6pm	Sparring
Men's Orange belt +	Thursday	7pm	Sparring