






















DAY	HALL	DETAILS		CONTACT
MONDAY				
5.30 TO 7.00	MAIN HALL	IMAS - INTERGRATED MARTIAL ARTS SYSTEM		SUNNY RIYAT
		CHILDRENS WING CHUN KUNG FU CLASS		07970 337 053
7.30 TO 8.30	SMALL HALL	DAVID LEE MMA TRAINING		DAVID LEE
8.30 TO 9.30	MAIN HALL	CONDITIONING & TRAINING FOR MIXED MARTIAL ARTS COMPETITION ALL LEVELS OF EXPERTISE WELCOME		07866 297 785
7.00 TO 8.30	MAN HALL	SLOUGH AIKIDO		PAUL SHEPHERD
		TRADITIONAL AIKIDO PRACTICE FROM ONE OF THE AREA'S ORIGINAL CLUBS		07816 160 087
TUESDAY				
7.00 TO 8.00	MAIN HALL	UNITY JU JITSU		MARTIN JAMES
		A BLEND OF TRADITIONAL JU JITSU, JUDO & SOMBO, MOSTLY GROUNDWORK & IDEAL FOR BEGINNERS		07721 410 526
7.00 TO 8.00	SMALL HALL	CHILDRENS BRAZILIAN TOP TEAM BRAZILIAN JIU JITSU		ZE MARCELLO
		TRADITIONAL BRAZILIAN JIU JITSU FROM ONE OF THE COUNTRIES TOP BJJ BLACK BELTS AND CURRENT DOUBLE EUROPEAN CHAMPION		07912 642 592
8.00 TO 9.30	SMALL HALL	GUIDED CHAOS SELF DEFENCE "A transcendent mix of principles from Native American systems, Greek Elephtheri Pali, Tai Chi and World War II Close Quarters Combat."		MICK JAMES
		UNIQUE BLEND OF WING CHUN KUNG FU, AMERICAN INDIAN GROUND FIGHTING		07883 073 930
8.00 TO 9.30	MAIN HALL	BRAZILIAN TOP TEAM BRAZILIAN JIU JITSU		ZE MARCELLO
		TRADITIONAL BRAZILIAN JIU JITSU FROM ONE OF THE COUNTRIES TOP BJJ BLACK BELTS AND CURRENT DOUBLE EUROPEAN CHAMPION		07912 642 592
WEDNESDAY				
5.30 TO 7.00	MAIN HALL	IMAS - INTERGRATED MARTIAL ARTS SYSTEM		SUNNY RIYAT
		CHILDRENS WING CHUN KUNG FU CLASS		07970 337 053
7.00 TO 8.00	MAIN HALL	FUTURE TAEKWONDO		STUART ARMATRADING
8.00 TO 8.30	SMALL HALL	ELITE SQUAD TRAINING SESSION		07774 295 165
7.00 TO 8.00	SMALL HALL	SLOUGH COBRA'S KICK BOXING		JUNIOR SENIOR
		KICK BOXING & SPARRING SESSION		07770 302 790
8.00 TO 9.00	MAIN HALL	CONCEPTS ESCRIMA		AMO
		ESCRIMA STICK FIGHTING WITH STEVE TAPPIN STUDENT, EASY TO LEARN AND BRUTALLY EFFECTIVE		07903 543 658
THURSDAY				
6.00 TO 7.00	MAIN HALL	COMBAT ACADEMY JU JITSU		MARK BEEL
		CHILDRENS TRADITIONAL JU JITSU CLASS FOR 5 YEARS AND UP.		07950 604 846
7.00 TO 8.30	MAIN HALL	SLOUGH AIKIDO		PAUL SHEPHERD
		TRADITIONAL AIKIDO PRACTICE FROM ONE OF THE AREA'S ORIGINAL CLUBS		07816 160 087
7.30 TO 8.30	SMALL HALL	CHILDRENS BRAZILIAN TOP TEAM BRAZILIAN JIU JITSU		ZE MARCELLO
		TRADITIONAL BRAZILIAN JIU JITSU FROM ONE OF THE COUNTRIES TOP BJJ BLACK BELTS AND CURRENT		07912 642 592

		DOUBLE EUROPEAN CHAMPION		
8.30 TO 10.00	MAIN HALL	BRAZILIAN TOP TEAM BRAZILIAN JIU JITSU		ZE MARCELLO
		TRADITIONAL BRAZILIAN JIU JITSU FROM ONE OF THE COUNTRIES TOP BLACK BELTS AND CURRENT DOUBLE EUROPEAN CHAMPION		07912 642 592
FRIDAY				
1.30 TO 2.45	MAIN HALL	PILATES		BARBARA MASON
		TRADITIONAL PILATES WITH BARBARA MASON OF BETONED		07776 184 837
7.30 TO 8.30	MAIN HALL	ADULTS IMAS - INTERGRATED MARTIAL ARTS SYSTEM		CLIFF ALDERSON
8.30 TO 9.30		CHI GUNG FOLLOWED BY WING CHUN KUNG FU CLASS WITH WING TSUM MASTER CLIFF		07826 472 975
SATURDAY				
11.00 TO 12.00	MAIN HALL	SPARTAN CONDITIONING CIRCUIT TRAINING		MICK JAMES
		SPARTAN CIRCUIT TRAINING		07883 073 930
12.00 TO 4.00	MAIN HALL & SMALL HALL	OPEN MAT SESSION FOR ALL ARTS		MICK JAMES
				07883 073 930
4.00 TO 6.00	MAIN HALL	DAVID LEE MMA TRAINING		DAVID LEE
		CONDITIONING & TRAINING FOR MIXED MARTIAL ARTS COMPETITION ALL LEVELS OF EXPERTISE WELCOME		07866 297 785
SUNDAY				
11.00 TO 1.00	MAIN HALL	BRAZILIAN TOP TEAM BRAZILIAN JIU JITSU		ZE MARCELLO
		TRADITIONAL BRAZILIAN JIU JITSU FROM ONE OF THE COUNTRIES TOP BLACK BELTS AND CURRENT DOUBLE EUROPEAN CHAMPION		07912 642 592

MONDAY

5.30 TILL 7.00 – CHILDRENS WING TSUN KUNG FU WITH IMAS

7.00 TILL 8.30 – SLOUGH AIKIDO

7.30 TILL 9.00 – MMA WITH DAVE LEE

TUESDAY

6.00 TILL 7.00 – OPEN MAT SESSION

7.00 TILL 8.00 – UNITY JU JITSU

8.00 TILL 9.30 – BRAZILIAN JIU JITSU WITH BTT EUROPE

8.30 TILL 9.30 – GUIDED CHAOS SELF DEFENCE

WEDNESDAY

5.30 TILL 7.00 – CHILDRENS WING TSUN KUNG FU WITH IMAS

7.00 TILL 8.30 – FUTURE TAEKWONDO ELITE SQUAD SESSION

8.00 TILL 9.00 – ESCRIMA CONCEPTS

THURSDAY

6.00 TILL 7.00 – CHILDRENS COMBAT ACADEMY JU JITSU

7.00 TILL 8.00 – KICK BOXING PAD SESSION

7.00 TILL 8.30 – SLOUGH AIKIDO

8.30 TILL 10.00 – BRAZILIAN JIU JITSU WITH BTT EUROPE

FRIDAY

8.00 TILL 9.00 – CHI GUNG & WING TSUN KUNG FU WITH IMAS

SATURDAY

11.00 TILL 12.00 – COMBAT CIRCUIT TRAINING & CONDITIONING

4.00 TILL 5.30 - MMA WITH DAVE LEE

SUNDAY

8.30 TILL 10.00 – BRAZILIAN JIU JITSU WITH BTT EUROPE

PERSONAL TRAINERS CURRENTLY WORKING OUT OF UNITY MARTIAL ARTS ACADEMY

<p>DAVID LEE 07886 297 785 david@david-lee.info www.david-lee.info</p> <p>PERSONAL TRAINING MMA TRAINING BRAZILIAN JIU JITSU COMBAT SUBMISSION WRESTLING CHEK INSTITUTE INSTRUCTOR NUTRITION ADVICE</p>	<p><u>VIK HOTHI INTERGRATED MARTIAL ARTS STSTEMS</u> 07742 467 761 wtkik@yahoo.com www.imas-uk.com</p> <p>WING TSUN KUNG FU KETTLE BELL QUALIFIED SCOTT SONNON SOMBO INSTRUCTOR</p>	<p>CHRIS LEE OF TROJAN TRAINING 07808 330139 chris@trojantraining.co.uk www.trojantraining.co.uk</p> <p>BOXING TRAINING</p>
<p><u>PENNY FENNESSY OF FIT 4 LIFE</u> 07834 893193 www.fit-4life.co.uk</p> <p>BUGGYFIT KICK BOXING</p>	<p><u>AMY LYCETT OF TRANSFORM FITNESS</u> 01344 452 487 amylycett@yahoo.co.uk www.TransformFitnessUK.com</p> <p>TRADITIONAL JU JITSU JUDO</p>	<p><u>NICK MAISON OF KRAV MAGA UK</u> 07973 822861 nick@institute-kravmaga.co.uk www.institute-kravmaga.co.uk</p> <p>KRAV MAGA</p>