

Term 1, 2017 Newsletter

Its been a pretty busy term and the time is going so quickly. We have a full calendar and lots of exciting things coming up. We have two demonstrations this term to promote the gym. We would love all of our FFA family to be involved. So if you can come along to any of our demonstrations as support or participants, we would love to see you.

Panmure Basin Family Fun Day

Sunday 19 March 10am – 3pm

Free family fun at the Panmure basin. There are prizes to be won, activities for all ages, Panmure Skate competition etc.

AND . . . the Fighting Fit Academy will be there too. We will be doing two main demonstrations on the matts and a Karate and Kickboxing demo on stage.

- Karate 11am
- Kickboxing 12pm
- Karate 1pm
- Kickboxing 2pm

PLEASE LET US KNOW IF YOU CAN JOIN IN ON THE DEMONSTRATIONS AND WHAT TIMES YOU CAN COME ALONG.

St Heliers School Karate Demonstration

Sunday 9 April 11am – 12.30pm

Come along and support our demonstrators and enjoy the fete at the school.

Mark your Diary - Beach Training

Sunday, May 7

Everyone is welcome for a day of training at the beach. Fantastic day for the whole family. Come and try something new. You will get wet so bring a change of clothes. Those that have Gi's will train in them, otherwise bring something comfortable to train in.

BBQ and social after training so please bring something to contribute.

NEW: Kickboxing Time Table

Monday:

- 7pm - Basics Class

Wednesday:

- 6pm – Conditioning
- 7pm – Sparring Class

Thursday:

- 7pm Technique class

Join our qualified instructors for high energy and great fun fitness. Learning self-defence skills and train to the elite standards of a world champion competitor.

Fighting Fit Academy Fees

Full Member \$25 p/week

All-inclusive and any class except Back Belt Club. The more classes you do the cheaper it becomes.

Black Belt Club \$28p/week

Concession card \$90

10 sessions any class (except BBC). Please hand your concession card to the instructor on entry and collect stamped as you leave.

Casual Fee \$12 p/lesson

Casual Fee Student \$10 p/class

All casual fees must be paid on the day before commencing classes.

Our very own . . .



The Phantom Warrior

Samuel "Staino" Wakefield

Fighting on Saturday 11 March at Elite Thia Kickboxing North Shore - Turf Wars II

Saturday March 11 4pm – 10pm

Come along and support him.

Karate Grading

Saturday 10 June

Adults and Upper Belts

There will be a Disco and presentations after grading.

Please bring a plate to contribute.

Thank you once again

Shihan Mark Stewart