



Dear Parents,

The Samurai Fitness Group will be running two kickboxing classes at Lowbrook School next term on;

Thursdays
Reception to Year 2 (Little Samurai) - 3.30pm – 4.15pm
Year 3 to Year 6 (Young Samurai) - 4.15pm – 5pm

A maximum of 16 students in the class
£7 per session (if paid by Direct Debit)
FREE TRIAL for new students

Our Kickboxing classes are *safe, professional* and *fun* and offer a variety of fantastic benefits for your children. Just some of the many gains to practicing kickboxing are;

- Improvement in health and fitness including strength, balance, coordination, speed, agility and flexibility
- Improved self-confidence, discipline and mental well-being
- Development of anti-bullying skills
- A great opportunity to enjoy a technical sport with endless opportunities for self-development

To book onto the Samurai classes, please register at the website below. Please note that we have a **NEW BOOKING SYSTEM** and therefore you will need to create a new account at the website below;

<https://samuraikickboxing.com/Account/Register>

Unfortunately, due to health and safety requirements we are unable to teach students who have not booked a space in the class via email.

If this session day/time does not suit you, we also have public classes in the local area.

Any problems, please do not hesitate to contact us by phone or email as detailed below.

Yours faithfully,

Matt
Founder and Chief Instructor

The Samurai Fitness Group
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