



Dear Parents,

Samurai Kickboxing are delighted to return to teaching kickboxing classes at Lowbrook Academy this term! The classes will run as follows:

Little Samurai

Thursdays 3.30pm till 4.15pm for Year 1 & 2

Young Samurai

Thursdays 4.15pm till 5.00pm for Years 3 – 6

16th September to 16th December 2021 (12 weeks)

No class on 28th October or 4th November

At a cost of £96 - 1 FREE TRIAL session offered for new students

Our Kickboxing classes are safe, professional and fun and offer a variety of fantastic benefits for your children:

- Improvement in general health and fitness including strength, balance, coordination, speed, agility and flexibility
- Opportunities for self-development including improved self-confidence, focus, discipline and mental well-being
- Learning self-protection techniques and how to deal with bullying

To book your child a space in the Samurai Kickboxing class, please register an account via the following link and then enrol your child onto the Lowbrook class;

<https://app.classmanager.com/portal/the-samurai-fitness-group-ltd/register>

We regret that we are unable to teach any students who have not booked.

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

Kind regards,

Matt Collins

Founder and Chief Instructor

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