



Great Missenden CE School

After School Martial Arts Club · Autumn Term 2026

Thursday

3:15pm – 4:15pm

■ Term Dates

Start: Thursday 10 September 2026

End: Thursday 10 December 2026

Half Term: Monday 26 – Friday 30 October 2026

*No sessions during half term (Monday 26 to Friday 30 October).
Club resumes Thursday 5 November.*

■ Cost Per Session

£8.50

per session

14 sessions · Term total £119.00

£8.50 deposit required on booking.

About the Club

Focus Fitness runs **bite-sized martial arts sessions** designed to build confidence, coordination, discipline and fitness through fun games and martial arts activities. A fun, engaging introduction to martial arts, suitable for all abilities, no experience needed!

■ What to Bring

✓ PE kit / sportswear ✓ Trainers ✓ Skipping rope (warm-ups & gradings) ✓ Water bottle

■ Existing Students

You do **NOT** need to sign up again. Your child is automatically enrolled for the new term. To cancel, contact Focus Fitness before term starts.

■ New Students

Book your place using the QR code or link below. New students welcome at any point, payment is pro-rated for remaining sessions.



Book Your Place

Scan the QR code or visit:

<https://www.focus-fitness.co.uk/school-clubs/sign-up/>

■ Focus Fitness kit available at [focus-fitness.co.uk](https://www.focus-fitness.co.uk), use code **focuschool** for a discount!

Questions? Contact us at info@focus-fitness.co.uk | www.focus-fitness.co.uk