



Dear Parents,

Samurai Kickboxing are delighted to offer a FREE Kickboxing Taster Session to all Reception to Year 2 students at Hughenden Primary School next term! The taster session will run as follows:

Thursday 16th September between 3.30pm to 4.15pm

Regular classes will then commence every week at this time from Thursday 23rd September to Thursday 16th December.

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 FREE class, please register an account via the following link and then enrol your child onto the Taster Session at Hughenden School;

<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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