



Inverness February 2009

Fundraising

The bonus ball was won by Susan (cardio class) for week ending 24/1/09. She gets £25 and we have another £24 in the kitty and Roselyn Hallam won this weekends 31/1/09. Don't forget to get your numbers each week, all in a good cause. If anyone has any other fundraising ideas please let us know.

Kickboxing exam

This will take place in Inverness studio on Sunday 22nd February. This will also be a Blackbelt exam for those concerned.

Instructors course

February 7th & 8th in Livingston.

Birthday parties

Martial art themed parties are available at weekends. These are also available to people out with the school. For more details please contact instructors

Parents Night.

Parents Night will be Friday 6th February. The concept is that you can leave your children at the studio from 6pm-11pm. You can have a kids free evening, cinema, meal, etc and we will have a games and movie night with the kids. Please ask for further details. They can also bring a friend for free!

Competitions

We will be hosting a local competition in Forres on the 7th or 21st March. Final date to be confirmed.

Cardio classes

We still have a few places available in our cardio classes for those interested on a Tuesday, Thursday.

Kids Camp

Next camp available will be Monday 16th February. Due to schools having different days off at this time we will only be doing the one day.

Awards night

Tickets are now available for the annual awards night. Voting will take place in the next few weeks so please prepare to cast your vote for the best student in your class! This year we are going to hold the evening in our own studio, complimentary drink on arrival buffet and disco included all for only £9. This is a great occasion for all the family and is a black tie event.