

# VERVE learn self-defence, build confidence, get fit & have fun! MARTIAL ARTS

**BEYOND ALL BOUNDARIES**



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CALL NOW FOR YOUR INTRO. CLASS!

**01562 827437 or 07989 980155**

**[www.vervemartialarts.co.uk](http://www.vervemartialarts.co.uk)**

2011 v.1

VERVE CLUB & CLASS SCHEDULE

**FULL TIME 'VERVE CENTRE' OF MARTIAL ARTS**  
**SHERWOOD HOUSE, SHERWOOD ROAD, BROMSGROVE, B60 3DR**

**MONDAY**

**TAE KWON DO**

- 5.00 - 5.55pm - OPEN FOR 1-2-1's and / or SMALL GROUP BOOKINGS
- 6.00 - 6.55pm - OPEN FOR 1-2-1's and / or SMALL GROUP BOOKINGS
- 7.00 - 7.55pm - OPEN FOR 1-2-1's and / or SMALL GROUP BOOKINGS
- 8.00 - 8.55pm - OPEN FOR 1-2-1's and / or SMALL GROUP BOOKINGS



**VERVE FAMILY CLASS**



**TUESDAY**

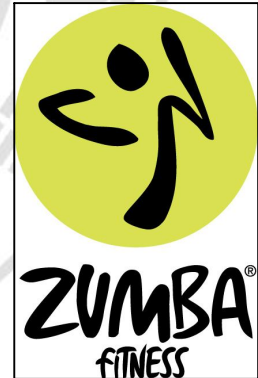
**TAE KWON DO**

- 5.00 - 5.55pm - OPEN FOR 1-2-1's and / or SMALL GROUP BOOKINGS
- 6.00 - 7.00pm - Ages 5 - 9 ... all grades
- 7.00 - 8.00pm - Ages 10 - 14 ... all grades
- 8.00 - 9.00pm - Ages 15+ ... all grades

**WEDNESDAY**

**KICKBOXING**

- 5.00 - 5.55pm - OPEN FOR 1-2-1's and / or SMALL GROUP BOOKINGS
- 6.00 - 6.55pm - OPEN FOR 1-2-1's and / or SMALL GROUP BOOKINGS
- 7.00 - 7.55pm - All Ages ... Beginners
- 8.00 - 8.55pm - All Ages ... Intermediate & Advanced



**THURSDAY**

**MISC.**

- 5.00 - 5.55pm - CLOSED
- 6.00 - 6.55pm - CLOSED
- 7.00 - 7.55pm - CLOSED
- 8.00 - 8.55pm - CLOSED

... COMING SOON ...



Note that there is a separate payment system for Taekwondo and Kickboxing classes as it is a different martial art and instructor team.  
Also note that most of our classes are 55 mins in length due to setting up & tidying away of the training equipment so be on time!

## FRIDAY

### VERVE FAMILY CLASS

### MISC. MARTIAL ARTS

- 5.00 - 5.55pm - OPEN FOR 1-2-1's and / or SMALL GROUP BOOKINGS
- 6.00 - 6.55pm - TAE KWON DO - All ages all grades
- 7.00 - 7.55pm - TAE KWON DO - Black belts £5.00 per person
- 8.00 - 9.30pm - Friday Night 'Mash-up' £5.00 per person



## SATURDAY

### DAY TIME OPEN FOR EVENTS & PRIVATE HIRE

- 5.00 - 5.55pm - Nerf Gun Wars £5.00 per person
- 6.00 - 6.55pm - Birthday parties Details available on request

## SUNDAY

### DAY TIME OPEN FOR EVENTS & PRIVATE HIRE

### TAE KWON DO

- 5.00 - 5.55pm - OPEN FOR 1-2-1's and / or SMALL GROUP BOOKINGS
- 6.00 - 6.55pm - Ages 5 - 12yrs ... All grades
- 7.00 - 7.55pm - Ages + 13yrs ... White to green stripes
- 8.00 - 8.55pm - Ages + 13yrs ... Green belts and above



**1-2-1's  
Training / Assessments**

£35.00 per hour

or

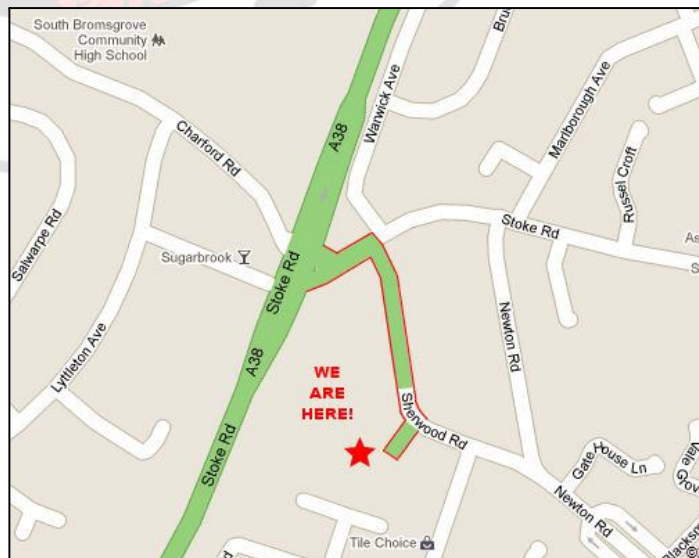
**Special Offer**  
Book & pay for 10  
For a £50 discount

**Small Group Bookings**

£50.00 per hour

For up to 6 members  
(Ideal for teams or grading groups)

To M5 motorway / Stourbridge



To Droitwich / Worcester

## VERVE SATELLITE CLUBS ...

### VERVE TAEKWONDO



#### HAGLEY

Thursday @ Hagley Community Centre, Worcester Road, DY9 0NW  
6.00 - 7.00pm - Age 5 - 9  
7.00 - 8.00pm - Age 10 - 14  
8.00 - 9.00pm - Age 15+

Saturday @ Haybridge Sports Centre, Brake Lane, DY8 2XS  
11.00 - 12.00 - Children  
12.00 - 1.00pm - Adults

#### KIDDERMINSTER

Wednesday @ Wyre Forest Glades, Bromsgrove Street, DY10 1PP  
6.30 - 7.30pm - White to Green stripe belts  
7.30 - 8.30pm - Green Belts and above

Saturday @ Wyre Forest Glades, Bromsgrove Street, DY10 1PP  
2.00 - 3.00pm - Children

Sunday @ Wyre Forest Glades, Bromsgrove Street, DY10 1PP  
5.00 - 6.00pm - Adults

### VERVE KICK-BOXING

#### DROITWICH

Monday @ Physique Fitness, Droitwich, WR9 9RB  
7.00 - 8.00pm - White to Green belts  
8.00 - 9.00pm - Blue belts and above

#### KIDDERMINSTER

Saturday @ Wyre Forest Glades, Bromsgrove Street, DY10 1PP  
3.00 - 4.00pm – All Grades



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