

GREAT NEWS AND EVENTS

JUNE

The academy will be closed for the **Bank Holiday. Closed Saturday 26th May**. All classes will be as normal on Tuesday 29th May. Any extra classes may be taken before or after these dates. VISIT [Click Here](#)

Monday 4th June: Start of our 7 week Tai chi and Meditation Course at Rampton Village Hall. 6.30pm until 7.15pm

Lynx Black Belt Leadership Academy are offering a 7-week Tai chi and Meditation course at Rampton Village Hall, commencing Monday 4th June 2018. The course will include 1 x 45min lesson per week on a Monday at 7pm to 7.45pm the course includes tuition x 7 lessons at the Village Hall, (an optional private or group lesson at one of our martial arts schools). 7 Week course dates: Monday 4th, 11th, 18th & 25th June, 2nd, 9th & 16th July. [Book Online](#) or at Reception.

Weekly Tai chi and Meditation Afternoon Class at Lynx Black Belt Leadership Academy Retford. The class will include 1 x 45min Lesson Every Wednesday at 1pm to 1.45pm. £6.00 [Book Online](#) or at Reception.

Course curriculum; TaiChi, Meditation, Breathing and Relaxation, Increases Concentration, Strengthen & Conditioning and Co-ordination and Improves Postures. Open to children 12 years plus, adults. All participants will need to wear appropriate clothing e.g. track suit bottoms and T shirt for their 1st lesson.

Thursday 7th June: Brad's 6 Week Junior Boot Camp at Lynx Black Belt Leadership Academy. Starting Thursday 7th June – Thursday 12th July. 4:00PM - 4:45PM 4 – 12year £6 per session or £30 for the full course. Lynx and MyGym Member's attend for £5 per session. Book your place through Lynx Black Belt Leadership Academy Call on 01777 700252

Saturday 9th June: Orientation Seminar (Great for new Students) 10.30am – 11.15am. Free Event This is an informative seminar designed for all new students/parents, which covers the conduct and protocol of the academy not found in your information booklet or on our website. All new students/parents are invited to attend at least one seminar to get the best out of their training. On the floor mat training is conducted by Master Blinston, demonstrating how to use targets correctly and tips on safely practising at home. Please [Confirm your attendance](#) or call the academy. 01777 700252. Open to all Students.

Saturday 9th June: Demonstration Sturton le Steeple C of E School: 1.45 to 2.15pm.

Saturday 23rd June: Colour/Belt Midterm Graduation. Graduation will replace all training lessons for this day. Please return you forms to the academy reception by 9th June. All parents and guests are welcome. [Reserve Online](#), over the phone or at the academy reception. Tel 01777 700252.

Sunday 23th June: Demonstration Retford Armed Forces Kings Park: 1.30 to 2pm.

Sunday 24th June: Demonstration North Wheatley Primary School: 1.30 to 2pm.

Saturday 30th June: Demonstration Kings Park Celebration 1pm to 1.30pm

For Details of all demonstrations check and complete the signup sheet at reception.

Monday 25th June – Saturday 30th June: Bring a friend to Class and T shirt week. Give the academy a call 01777 700252 with your friend's details and we can schedule them into a class or send them to our Website to complete the online form. Lynx T-shirts, caps and team wear can be purchased via the reception or online. **Remember you can receive £25 Cash Credited to your Account:**

Saturday 7th July Personal Development 12.30pm to 4.30pm

A fun and lively seminar designed to enhance your martial arts discipline, paying special attention to all core areas of the Korean martial arts. Work in a motivated team environment with the ease and guidance of Master Blinston and you will successfully graduate to your next belt level or midterm grade.

Please reserve your space online at www.lynxmartialarts.com or call us on 01777 700252. **(Only 3 Places Left)**

Good luck to all students taking Black Belt or Dan Grade graduations on this date.

Watch-out for July

Saturday 14th July: Orientation Seminar

Saturday 14th July: Re Breakable Board Seminar: 12.30pm - 2pm - Fee single: £20. Family: £40

Monday 23rd July – Saturday 28th July: Bring a friend to class and T shirt week.