

CAMBRIDGE ACADEMY OF MARTIAL ARTS®
2026 - 2027 Updated Training Programme

- Juniors (7 - 12yrs): 6.30pm - 7.30pm Mondays and Thursdays
- Adults & Young Teens (13yrs+) Session 1: 7.00pm - 8.00pm Mondays - Thurs
- Adults & Young Teens (13yrs+) Session 2: 8.00pm - 8.45pm Mondays - Thurs

Monday Training available for All tonight (sessions for 7+, 13+, & Adults (18+))
6.30 - 7.30pm Juniors (7 - 12yrs): Savate Boxe and Savate Defence.
7.00 - 8.00pm Adults (18yrs+) & Young Teens (13yrs+) - Savate Boxe training.
8.00 - 8.45pm Adults & Young Teens - Savate Progression & Supplements:
(e.g. Focus Mitts, Standing Bag Work, Pre- and Free-Sparring, Savate Defence.)

Alternatively:
7.00 - 8.00pm Adults & Young Teens: Canne de Combat - Beginners Welcome.
8.00 - 8.45pm Canne de Combat. For intermediate and advanced (by invitation).

Tuesday Adults (18yrs+) & Young Teens (13yrs+).
7.00 - 8.00pm Essentials Programme; External Courses; & Pre-Uni Self Defence.
8.00 - 8.45pm Integrated Fighting Arts [JKD-Kali-Silat].

Essentials Programme: October - December; and January - March.

External courses: March - June.

Pre-University and pre-6th Form Self Defence courses: July - September.

Wednesday Adults (18yrs+) & Young Teens (13yrs+).
7.00 - 8.00pm Savate Training (Gym). Or Canne de Combat (Gym or School Hall).
8.00 - 8.45pm Savate Supplements: Fitness, Conditioning and Sparring.

Alternatively:
7.00 - 8.00pm Canne de Combat for All Adults & Young Teens.
8.00 - 8.45pm Canne de Combat. For intermediate and advanced (by invitation).

Thursday Training for All this evening (sessions for 7+, 13+, and Adults).
6.30 - 7.30pm Juniors: Boxe, Savate Defence, & FMA Sinawali training.
7.00 - 8.00pm Adults & Young Teens: FMA Sinawali and weapons training.
8.00 - 8.45pm Integrated Fighting Arts [JKD-Kali-Silat] and Self Defence.