

SEE OUR CURRENT TIMETABLE



KONG
FITNESS



KONG
MMA



KONG
Tots

KONG
jiu-jitsu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		KONG FITNESS CIRCUITS 6:15AM - 7:00AM			OPEN MAT (FREE FOR SILVER & GOLD STUDENTS) AGES 13+ 9:30AM - 11:30AM
KONG TOTS AGES 2.5 - 4 4:40PM - 5:10PM	DIDDY KONGS AGES 4 - 6 5:15PM - 6:00PM	DIDDY KONGS AGES 4 - 6 5:15PM - 6:00PM	DIDDY KONGS AGES 4 - 6 5:15PM - 6:00PM	BJJ (NO GI) AGES 10+ 6PM-7PM	MMA AGES 10+ 9:30AM - 10:30AM
DIDDY & ME AGES 4 - 6 5:15PM - 6:00PM	KIDS 1 KICKBOXING AGES 7 - 9 6:00PM - 6:45PM	KIDS 1 & 2 MIX KICKBOXING AGES 7 -12 6:00PM - 6:45PM	KIDS 1 KICKBOXING AGES 7 - 9 6:00PM - 6:45PM	BOXING AGES 10+ 7PM-8PM	BJJ (NO GI) AGES 10+ 10:30AM - 11:30AM
LADIES KICKBOXING AGES 12+ 6:00PM - 6:45PM	KIDS 2 KICKBOXING AGES 10 -12 6:45PM - 7:30PM	KIDS BJJ (GI) AGES 7 - 12 7:00PM - 7:45PM	KIDS 2 KICKBOXING AGES 10 -12 6:45PM - 7:30PM		ONCE A MONTH KICKBOXING (FREE FOR GOLD STUDENTS) AGES 10+ 11:30AM - 12:30PM
DIDDY JIU-JITSU (GI) AGES 4 - 7 6:15PM - 7:00PM	BEGINNER KICKBOXING AGES 13+ 7:30PM - 8:15PM	ADULTS BJJ (GI) AGES 13+ 7:45PM - 9:00PM	BEGINNER KICKBOXING AGES 13+ 7:30PM - 8:15PM		
KIDS BJJ (GI) AGES 7 - 12 7:00PM - 7:45PM	ADVANCED KICKBOXING AGES 13+ 8:15PM - 9:15PM		ADVANCED KICKBOXING AGES 13+ 8:15PM - 9:15PM		
ADULTS BJJ (GI) AGES 13+ 7:45PM - 9:00PM					

PARENTS - IF YOUR CHILD IS ON A BRONZE MEMBERSHIP, WE ASK YOU STICK TO A CHOSEN DAY TO TRAIN TO HELP US WITH NUMBERS. SWAPPING OCCASIONALLY ISN'T A PROBLEM

DISCOVER OUR MEMBERSHIP PLANS AND PRICING



INDIVIDUAL MEMBERSHIPS

BRONZE MEMBERSHIP

1 CLASS A WEEK

£39.99

A MONTH

£9.79 PER LESSON

- ✓ 1 CLASS PER WEEK
- ✓ OPTION TO CHANGE SESSIONS
- ✓ STARTING UNIFORM
- ✓ CHOOSE BETWEEN KICKBOXING, BOXING, MMA, BJJ & FITNESS
- ✓ KICKBOXERS GRADE EVERY 4 MONTHS

STARTING OUT

£85 JOINING FEE

- INCLUDES FULL UNIFORM TO CHOSEN CLASS (& GLOVES)
- 1 YEAR KICKBOXING LICENCE
- 1 YEAR INSURANCE
- SIBLING PRICE £140

SILVER MEMBERSHIP

2 CLASSES A WEEK

£59.99

A MONTH

£7.34 PER LESSON

- ✓ 2 CLASSES A WEEK
- ✓ OPTION TO TRAIN TWICE IN A NIGHT
- ✓ STARTING UNIFORM
- ✓ CHOOSE BETWEEN KICKBOXING, BOXING, MMA, BJJ & FITNESS
- ✓ FREE OPEN MATS ON SATURDAYS
- ✓ KICKBOXERS GRADE EVERY 2 MONTHS

TAKE IT UP A GEAR

£85 JOINING FEE

- INCLUDES FULL UNIFORM TO CHOSEN CLASSES (& GLOVES)
- 1 YEAR KICKBOXING LICENCE
- 1 YEAR INSURANCE
- SIBLING PRICE £140

MOST POPULAR

GOLD MEMBERSHIP

UNLIMITED CLASSES

£89.99

A MONTH

AS LOW AS £2.20 PER LESSON

- ✓ UNLIMITED CLASSES
- ✓ ACCESS TO EVERY CLASS TYPE
- ✓ STARTING UNIFORM
- ✓ UP TO 14 CLASSES A WEEK
- ✓ CHOOSE BETWEEN KICKBOXING, BOXING, MMA, BJJ & FITNESS
- ✓ FREE SATURDAY KICKBOXING ONCE A MONTH
- ✓ FREE OPEN MATS ON SATURDAYS
- ✓ KICKBOXERS GRADE EVERY 2 MONTHS

TRAIN LIKE A PRO

£85 JOINING FEE

- INCLUDES FULL UNIFORM TO CHOSEN CLASSES (& GLOVES)
- 1 YEAR KICKBOXING LICENCE
- 1 YEAR INSURANCE
- SIBLING PRICE £140

OTHER MEMBERSHIPS

TOTS MEMBERSHIP

1 CLASS A WEEK

£35.99

MONTHLY

- ✓ 1 CLASS PER WEEK
- ✓ BOXING GLOVES
- ✓ STARTING UNIFORM
- ✓ STICKER CHART BELT SYSTEM

£50 JOINING FEE

- INCLUDES FULL UNIFORM, WHITE BELT, GLOVES & DRAWSTRING BAG

FITNESS MEMBERSHIP

FITNESS CLASSES ONLY

£39.99

MONTHLY

- ✓ 1 CLASS PER WEEK

£59.99

MONTHLY

- ✓ 2 CLASSES PER WEEK

£79.99

MONTHLY

- ✓ 3 CLASSES PER WEEK

NO JOINING FEE

FAMILY MEMBERSHIP

TERMS AS ABOVE

£99.99

MONTHLY

- ✓ BRONZE MEMBERSHIP

£119.99

MONTHLY

- ✓ SILVER MEMBERSHIP

£149.00

MONTHLY

- ✓ GOLD MEMBERSHIP

£160 JOINING FEE
TERMS AS ABOVE

FOR HOUSEHOLDS X3 OR BIGGER

NON MEMBER PAY AS YOU GO TRAINING £15.
NO GRADINGS ALLOWED FOR PAY AS YOU GO
MEMBER TOP UP CLASS £10

PLEASE NOTE - ALL PAYMENTS ARE VIA DIRECT DEBT & THERE IS AN ANNUAL £35 INSURANCE FEE

OTHER INFORMATION YOU MIGHT NEED



COMMUNICATION

THE BEST WAY TO GET HOLD OF US IS BY WHATSAPP 01344 560086

JOIN OUR ANNOUNCEMENT WHATSAPP GROUP ASAP - THIS IS HOW WE KEEP YOU UP TO DATE

ASK RECEPTION TO ADD YOU, HEAD TO OUR WEBSITE OR WHATSAPP US!

ADD OUR CALENDAR TO YOUR IPHONES VIA THE KONG WEBSITE

RANELAGH MAIN GATE CODE

(KEY PAD TO RIGHT OF DRIVERS DOOR)

#7808

ANNUAL PAYMENT

WE ACCEPT ANNUAL & 6 MONTHLY PAYMENTS ALSO SAVING YOU 1 OR 2 MONTHS EVERY YEAR. PLEASE SPEAK TO RECEPTION IF YOU WISH TO MAKE AN ANNUAL PAYMENT AND SAVE ON UP TO 2 MONTHS FEES!

UNIFORMS & EQUIPMENT

YOU WILL BE GIVEN A UNIFORM WHEN YOU SIGN UP

KIDS - IT IS EXPECTED OF YOU TO HAVE FULL UNIFORM & BELT (TIED CORRECTLY) EVERY WEEK

KICKBOXERS, T-SHIRTS TUCKED INTO YOUR SHORTS. BARE FOOT

BLACK UNDER SHORTS OR SPATS TO BE WORN

ADULTS - WE TAKE A MORE RELAXED VIEW ON UNIFORM. NO BELTS REQUIRED. BARE FOOT RECOMMENDED

KICKBOXERS / MMA - BASIC KIT BAG: WATER, PADS, DEODORANT, GLOVES, SKIPPING ROPE, SHIN PADS (OPTIONAL MOUTHGUARD, GROIN GUARD & HEAD GUARD). KICKING PADDLE

BJJ - A CLEAN GI / NO GI EVERY WEEK. SLIDERS FOR FEET. DEODORANT, MOUTHGUARD & FINGER TAPE FOR HANDS OPTIONAL

IF YOUR TRAINING A DOUBLE CLASS, PLEASE CHANGE YOUR T-SHIRT FOR HYGIENE

ORDERS & CLOTHING

IF YOU WISH TO ORDER ANYTHING, PLEASE SPEAK WITH OUR RECEPTION TEAM AT CLASS, OR WHATSAPP 01344 560086 OR ALTERNATIVELY VISIT OUR KONG SHOP DIRECT

[HTTPS://KONG-MARTIALARTS.SUMUPSTORE.COM](https://kong-martialarts.sumupstore.com)

KIDS KICKBOXING INFO

KICKBOXERS - SPARRING WEEK IS ONCE A MONTH - NO MATTER WHAT PACKAGE YOU'RE ON, YOU'RE WELCOME TO TRAIN ALL WEEK AT EVERY CLASS IF YOU OWN KIT!

A COPY OF OUR WELCOME PROMISE CAN BE FOUND ON OUR STUDENT AREA. THIS IS EXPECTED TO BE LEARNT.

BELTS - YOU MUST LEARN TO TIE YOUR BELT NEATLY. AGAIN THIS IS EXPECTED TO BE LEARNT.

UNIFORM IS STRICT, PLEASE SEE PHOTO OF HOW WE EXPECT YOU TO DRESS. T-SHIRTS TUCKED INTO SHORTS.

UNDER SHORTS RECOMMENDED

CLOSURES

KONG IS CLOSED FOR 3 WEEKS A YEAR,

2 IN THE WINTER AND 1 IN THE SUMMER. CLOSURE DATES WILL BE ADDED TO THE CALENDAR LINK.

PAYMENT DETAILS FOR CLOTHING & EQUIPMENT

KMA JIU-JITSU

22780608

60-83-71

CONTINUED



KONG
FITNESS



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GRADINGS

KICKBOXING GRADINGS WILL TAKE PLACE DEPENDING ON HOW OFTEN YOU TRAIN (DATES FOUND ON DATES SECTION OF WEBSITE)

ONCE A WEEK STUDENTS GRADE EVERY 4 MONTHS

TWICE A WEEK STUDENTS GRADE EVERY 2 MONTHS

GRADINGS ARE NOT A GIVEN, THEY ARE HARD AND SHOULD BE STUDIED FOR

FEBRUARY - THURSDAY STUDENTS

APRIL - TUESDAY / WEDNESDAY STUDENTS

JUNE - THURSDAY STUDENTS

AUGUST - TUESDAY / WEDNESDAY STUDENTS

OCTOBER - THURSDAY STUDENTS

DECEMBER - TUESDAY / WEDNESDAY STUDENTS

PLEASE NOTE - WEDNESDAY STUDENTS GRADE ON THE SAME DAY, AS THE TUESDAY GRADINGS. YOU MAY ATTEND TWICE THAT WEEK FOR EXTRA TRAINING

OUR WEEK NIGHT GRADINGS ARE FREE OF CHARGE TO ANYONE BELOW BLUE BELT. GRADINGS THEN OCCUR ON SATURDAYS & INCUR A GRADING FEE.

PRIVATE GRADINGS ARE AN OPTION IF YOU MISS A GRADING DAY, PLEASE CONTACT US VIA EMAIL IF YOU NEED TO BOOK IN (GRADING FEE APPLIES)

YOU ARE REQUIRED TO PRE REGISTER FOR GRADINGS, BY SENDING IN YOUR BELT GRADE AND FULL NAME TO OUR TEAM. DO THIS ON OUR WEBSITE

ALL DIDDYS GRADE EVERY 2 MONTHS AND ARE AWARDED THEIR BELTS ON "TIME SERVED" RATHER THAN A TEST.

TOTS COLLECT STICKERS WEEKLY, AND WORK TOWARDS BELTS IN THIS WAY

JIU-JITSU GRADINGS TAKE PLACE THROUGHOUT THE YEAR AT THE INSTRUCTORS FOR DISCRETION, AND STRIPES CAN BE AWARDED BY THE INSTRUCTOR ALSO AT ANY TIME. SPEAK WITH YOUR COACH FOR MORE INFO.

PHOTO AND VIDEO CONSENT

WE LIKE TO TAKE PHOTOS AND VIDEOS IN CLASS FOR USE ON OUR SOCIAL MEDIA OR FOR PROMOTIONAL MATERIAL. ANYTHING TAKEN WILL ONLY BE USED BY KONG MARTIAL ARTS AND WILL NOT BE PASSED ON TO A THIRD PARTY.

IF YOU DO NOT GIVE CONSENT FOR US TO TAKE PHOTOS OF YOU (OR YOUR CHILD) PLEASE SPEAK DIRECT TO RECEPTION

SOCIAL MEDIA POLICY

WE ENCOURAGE PARENTS TO TAKE PHOTOS AND VIDEOS AND UNDERSTAND YOUR PROUDEST MOMENTS WILL OFTEN BE DURING A CLASS OR GRADING. HOWEVER ALL WE ASK IS YOU DO NOT POST ANY PHOTOS, VIDEOS OR COMMENTS INVOLVING ANY STUDENTS OTHER THAN YOUR OWN.

TERMS & CONDITIONS



TRAINING

KONG MARTIAL ARTS SHUTS FOR 2 WEEKS AT CHRISTMAS AND 1 WEEK IN THE SUMMER HOLIDAYS. YOU WILL BE NOTIFIED OF THESE DATES WELL IN ADVANCE.

ALL STUDENTS ARE INVITED TO STAY FOR BOTH SESSIONS IN THE NIGHT/WEEK TO MAKE UP FOR WHEN WE CLOSE. YOUR LESSONS ARE MULTIPLIED BY A 49 WEEK YEAR, THEN DIVIDED INTO 12 MONTHS. SO YOU WILL PAY THE SAME MONTHLY PAYMENTS ALL YEAR ROUND

CHILDREN ON A BRONZE PACKAGE ARE ASKED TO STICK TO A CHOSEN NIGHT DUE TO CAPACITY. . OCCASIONAL SWITCHING IS OK.

INSURANCE

A LIVE INSURANCE MUST BE HELD BY EVERY STUDENT.

YOU ARE REQUIRED TO PAY AN ANNUAL INSURANCE RENEWAL FEE ON THE ANNIVERSARY OF YOUR JOINING DATE (RENEWAL CURRENTLY £35 PER STUDENT)

PAYMENTS

DIRECT DEBITS

TRAINING FEES ARE PAID MONTHLY VIA DIRECT DEBIT. YOUR DIRECT DEBIT PAYMENT ALSO RESERVES YOUR SPACE AT CLASS.

THE ACCOUNT HOLDER IS RESPONSIBLE FOR CANCELLING OR AMENDING PAYMENTS.

IF YOUR DIRECT DEBIT IS CANCELLED IT WILL VOID YOUR INSURANCE; WHICH MEANS YOU CANNOT TRAIN AND MAY OWE A NEW INSURANCE FEE (CURRENTLY £85)

IF YOU ARE INJURED OR NEED A SHORT BREAK FROM TRAINING, PLEASE SPEAK TO OUR TEAM FIRST. NO LIVE DIRECT DEBIT WILL RESULT IN YOUR SPACE BEING GIVEN AWAY TO SOMEONE ELSE.

CANCELLATION

IF YOU DECIDE TO CANCEL TRAINING, IT IS YOUR RESPONSIBILITY TO CANCEL THE DIRECT DEBIT.

KONG MARTIAL ARTS DOES NOT ISSUE REFUNDS FOR DIRECT DEBITS THAT ARE LEFT LIVE. THIS IS THE RESPONSIBILITY OF THE STUDENT (AND OR PARENT) KONG MARTIAL ARTS ASKS FOR 1 MONTHS NOTICE FOR LEAVING THE CLUB. IT IS YOUR RESPONSIBILITY TO INFORM US OF YOUR LEAVING DATE.

PHOTO AND VIDEO CONSENT

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IF YOU DO NOT GIVE CONSENT FOR US TO TAKE PHOTOS OF YOU (OR YOUR CHILD) PLEASE LET OUR RECEPTIONIST KNOW IMMEDIATELY

WE ENCOURAGE PARENTS TO TAKE PHOTOS AND VIDEOS AND UNDERSTAND YOUR PROUDEST MOMENTS WILL OFTEN BE DURING A CLASS OR GRADING. HOWEVER ALL WE ASK IS YOU DO NOT POST ANY PHOTOS, VIDEOS OR COMMENTS INVOLVING ANY STUDENTS OTHER THAN YOUR OWN.

COMMUNICATIONS

THE MAJORITY OF OUR BUSINESS IS RUN THROUGH WHATSAPP 01344 560086. HOWEVER WE WILL SOMETIMES CONTACT YOU VIA EMAIL OR PHONE REGARDING PAYMENTS OR FEES DUE.

PARENTS - PLEASE ENSURE TO KEEP YOUR CONTACT DETAILS UP TO DATE WITH RECEPTION. EMAIL & EMERGENCY TELEPHONE NUMBER.

GDPR

ANY DATA HANDLED IS STORED IN ACCORDANCE WITH LAW. WE LEGALLY HAVE TO PASS ON YOUR NAME, DOB & MEDICAL HISTORY WITH OUR INSURERS

PLEASE ENSURE YOU FULLY UNDERSTAND & AGREE TO OUR TERMS & CONDITIONS BEFORE FOLLOWING OUR DIRECT DEBIT LINK. BY FOLLOWING THE DIRECT DEBIT LINK, YOU ARE AGREEING TO OUR TERMS & CONDITIONS

