NEXUS
MARTIAL ARTS & FITNESS STUDIO
NEXUS-FIT.COM
07770 794 042

COMMIT – PERSEVERE - SUCCEED

Grades

What a great way to start this latest newsletter by saying a huge congratulations to everyone who passed their Grade yesterday!! We had three fantastic sessions and everyone worked really, really hard.

It is always so much more daunting coming to a different venue and having to perform in front of spectators but everyone stepped up and performed brilliantly. We did have a few tears but then we always say it's not a good Grade without some tears..... 😆 We are looking forward to seeing you all in class with your new sashes.

As already mentioned, we will be holding the alternate Grade for those of you who weren't able to make yesterday's Grade and we will contact you separately as soon as the date is confirmed. For everyone who will potentially be taking the alternate Grade, please ensure you attend all lessons and book some extra as well if possible.

Following this, the next Grade is the 24th July.

To all of you who graded yesterday - if anyone has lost either their new or old white sash, please let us know as one has been found.




THE JOURNEY
TO YOUR
BLACK SASH
ADVANCED
NEXUS
MARTIAL ARTS & FITNESS STUDIO
NEXUS-FIT.COM
COMMIT PERSEVERE
SUCCEED
KUNG FU
KICKBOXING FITNESS
BOOK YOUR
FREE TRIAL NOW:
INFO@NEXUS-FIT.COM
07770 794042
BASED IN CRAWLEY
KICK START YOUR FITNESS WHILE LEARNING
NEW & EXCITING SKILLS
KIDS CLASSES
LADIES ONLY CLASSES
MIXED ADULT CLASSES
TAILORED COURSES
FITNESS CLASSES


THE JOURNEY
TO YOUR
BLACK SASH
NEXUS

Booking Classes

We would like to remind everyone that all classes **MUST** be booked in advance and thank you to all of you who are consistently pre-booking your sessions.. Booking classes allows us to plan lessons effectively, gauge availability for trial students and helps to keep accurate attendance records.

We are still seeing a lot of members who are forgetting to do this, or who are not booking early enough (10 minutes before the class starts doesn't count....!!! 🙂).

We still have people joining us for trials and new members signing up and we want to avoid the situation of Students turning up and not being able to train if a class is full and they haven't booked.

You can book up to three weeks in advance so please take advantage of this and get your classes booked as early as possible.

Please also ensure you cancel classes through the booking system if you cannot attend.

Please arrive on time for your classes. We appreciate there can be unforeseen circumstances and the traffic around Crawley can be horrendous (!!) but please make every effort to arrive on time.

Thank you all for your cooperation.

Missed Sessions

We would also like to remind you that if you miss classes (eg for holiday, work, sickness etc), these missed classes may be taken on a different day, within a suitable time frame and where space allows.

It is not necessary to contact us every time you would like to book a class on an alternative day, please just book your session online but if you have any questions about missed classes, please let us know.

Sparring / Tournaments

Several of you have now purchased our sparring bundles and our first sparring sessions were very successful!

All the children who attended had a great time and progressed very quickly from having little or no experience with sparring, to understanding and demonstrating a good standard of fighting after only three sessions.

As we move forwards, we will incorporate more sparring in the general classes as well as holding further designated sparring sessions. Dates for these will follow in due course.

If you or your child/children are keen to participate in competitions, please let us know by sending us an email so we can compile a list. This will enable us to select appropriate tournaments.

Trousers

As you all know, we are still working with our Supplier for our new Nexus trousers. We know you have been waiting a long time and we appreciate your patience while we continue to finalise designs, materials etc.

We have our next samples on their way to us and once these are received, we will know if we are then ready to place an order or whether we still need to make a few tweaks. We will keep you posted!!

Nexus/Nike Tracksuit Tops

Some of you may have seen we do offer Nexus/Nike branded tracksuit tops to buy (all tops are £40) and we will be shortly placing a new order of these with our Supplier.

We took some orders yesterday at the Grade but if anyone else would like to order one, please let us know as soon as possible.

Dates for your Diary

10th July	-	Grading Preparation Course
24th July	-	Grades
27th November	-	Grading Preparation Course
11th December	-	Grades

Business Directory

As owners of a business, we know how valuable the support of friends, family and associates can be and we would like to support other businesses where we can. We would like to build a 'Business Directory' page on our website in our Members section where we will list all your businesses if you would like us to. As Nexus continues to grow, the likelihood of potentially needing each other's services also grows.

Although we only send out newsletters periodically, we would also like to feature your businesses in this section so if you would like us to mention you in our newsletter and add you to the business directory page on the website, please email us the Company name, website, contact name and number and email address (and a photo/s if applicable), plus a short summary of the services provided.