

Birkby Huddersfield Timetable

Monday	4:15- 5pm	5 - 6pm	6 - 7:30				
	Lil Dragon	Children	Children				
Tuesday	4:15- 5pm	5 - 6pm	6 - 7:30	7:30 - 9			
	Lil Dragon	Children	Children	Adults			
Wednesday		4:30 - 6pm	6 - 9pm				
		Children	Advanced				
Thursday	4:15- 5pm	5 - 6pm	6 - 7:30	7:30 - 9			
	Lil Dragon	Children	Children	Adults			
Friday		5 - 6:30	6:30 - 9pm				
		Children	Advanced				
Saturday	10 - 10:45	11 - 11:45	12 - 1pm	1 - 2pm	2 - 3:30	3:30 - 5:00pm	
	Lil Dragon	Lil Dragon	Children 1	Children 2	Children 1	Children 2	
Sunday	10 - 10:45	11 - 11:45	12 - 1pm	1 - 2:30	2:30 - 3:30pm	3:30 - 6:30pm	
	Lil Dragon	Lil Dragon	Children	Children	Children	Advanced	

Lil Dragon	Pre Taekwondo	Suitable for ages of 3-6 years old. Will give your child the ability and confidence to move in to any different style of martial arts.
Foundation	Children Taekwondo	A moderate session open up to Green Belt focusing on techniques, patterns and General Taekwondo.
Advanced	Children Taekwondo	A more physical and fast paced session for Green belt and Above (body armour and some contact should be expected).
Adults	All Level Taekwondo	A Session that all adults can train in separated groups to buildup their ability and confidence.
Elite Training	Taekwondo	Elite Sport Taekwondo Session. Full WTF Approved Body Armour is required in this session.