

# Premier Birkby (Huddersfield) Room 1 Timetable

Monday	4:15 - 5:00pm	5:00 - 6:00pm	6:00 - 7:30pm				
	Lil Dragon	Children Foundation Tkd	Children Advanced Tkd				
Tuesday	4:15 - 5:00pm	5:00 - 6:00pm	6:00 - 7:30pm	7:30 - 9:00pm			
	Lil Dragon	Children Foundation Tkd	Children Advanced Tkd	Adults All level Taekwondo			
Wednesday		4:30 - 6:00pm	6:00 - 9:00pm				
		Children Advanced Tkd	Advanced Elite Training				
Thursday	4:15 - 5:00pm	5:00 - 6:00pm	6:00 - 7:30pm	7:30 - 9:00pm			
	Lil Dragon	Children Foundation Tkd	Children Advanced Tkd	Adults All level Taekwondo			
Friday		5:00 - 6:30pm	6:30 - 9:00pm				
		Children Advanced Tkd	Advanced Elite Training				
Saturday	10:00 - 10:45am	11:00 - 11:45am	12:00 - 1:00pm	1:00 - 2:00pm	2:00 - 3:30pm	3:30 - 5:00pm	
	Lil Dragon	Lil Dragon	Children 1 Foundation Tkd	Children 2 Foundation Tkd	Children 1 Advanced Tkd	Children 2 Advanced Tkd	
Sunday	10:00 - 10:45am	11:00 - 11:45am	12:00 - 1:00pm	1:00 - 2:30pm	2:30 - 3:30pm	3:30 - 6:30pm	
	Lil Dragon	Lil Dragon	Children Foundation Tkd	Children Advanced Tkd	Children Foundation Tkd	Advanced Elite Training	

<b>Lil Dragon</b>	<b>Pre Taekwondo</b>	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.
<b>Foundation</b>	<b>Children Taekwondo</b>	A moderate session open up to Green Belt focusing on techniques, patterns and General Taekwondo.
<b>Advanced</b>	<b>Children Taekwondo</b>	A more physical and fast paced session for Green belt and Above (body armour and some contact should be expected ).
<b>Adults</b>	<b>All Level Taekwondo</b>	A Session that all adults can train in separated groups to buildup their ability and confidence.
<b>Elite Training</b>	<b>Taekwondo</b>	Elite Sport Taekwondo Session. <b>Full WTF Approved Body Armour is required in this session.</b>

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