

Premier Birkby (Huddersfield) Room 2 Timetable

Monday					5:30 - 6:00pm	6:00 - 6:30pm		
					Pattern	Pattern		
Tuesday			4:30 - 6:00pm		6:00 - 7:30pm		7:30 - 9:00pm	
			Children Sparring Development		Dan Grading Preparation		Junior Sparring Development	
Wednesday								
Thursday					5:30 - 6:00pm	6:00 - 6:30pm	7:30 - 9:00pm	
					Pattern	Pattern	Cadet Sparring Development	
Friday							6:30 - 9:00pm	
							Poomsae Development	
Saturday	10:30 - 12:00noon		12:00 - 12:30pm	12:30 - 1:00pm		2:30 - 4:00pm		
	Children Sparring Development		Pattern	Pattern		Poomsae Development		
Sunday			12:00 - 12:30pm	12:30 - 1:00pm	1:00 - 3:00pm		3:30 - 5:00pm	
			Pattern	Pattern	Dan Grading Preparation		Elite Feeder Class	

Development	Use this 90 minute session to improve your sparring techniques. This is beneficial as there will be smaller groups and the instructor can focus more on each student.
	We will work on your fitness, sparring strategy, leg control and many more techniques. It's a separated session for Junior, Cadet and Children and it's by INVITATION ONLY!
Pattern	30 minute slots for small groups to learn their patterns and work on their technique.
	Those interested will need to book the slots weekly; this extra training is only £2.00 per session.
Poomsae	Poomsae or Pattern training for competitions. This session will be more intense with rules and standard of Poomsae competitions rather than Grading syllabus.
	All Ages and Levels. By INVITATION ONLY.
Dan Prepration	This session is only for selected Dan Grading candidates and will run for 7 weeks prior to the grading. Please check with a member of admin staff for more info.
	£5 per session.
Elite Feeder	This session is to prepare students for the more intense Elite session. It teaches basic sparring technique for competitions. This session is INVITE ONLY.
	This session is Free of charge
Private class	Private sessions are also available for more individually focused training. Either on an individual basis or for up to 4 students.
	General Taekwondo= £15 per session - Sparring private= £20 per session - Pattern private= £10 per session

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