

Premier Birkby (Huddersfield) Room 1 Timetable

Monday	Closed On Mondays						
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		
	Lil Dragon	Lil Dragon	Children Foundation Tkd	Children Advanced Tkd	Children Foundation Tkd		

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.

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