

# Premier Birkby (Huddersfield) Room 2 Timetable

Monday	<b>Closed On Mondays</b>							
Tuesday			4:30 - 6:00pm Sparring Development		6:00 - 7:30pm Dan Grading Preparation		7:30 - 9:00pm Sparring Development	
Wednesday					6 - 7:30pm Elite Feeder Class			
Thursday					5:30 - 6pm Pattern	6 - 6:30pm Pattern	7:30 - 9:00pm Cadet Sparring Development	
Friday					5 - 6:30pm Elite Feeder Class		6:30 - 9:00pm Poomsae Development	
Saturday	10 - 11:30am Sparring Development		11:30 - 1pm Elite Feeder Class		1 - 1:30pm Pattern	1:30 - 2pm Pattern	2 - 3:30pm Poomsae Development	3:30 - 5pm Poomsae Development
Sunday					1:00 - 3:00pm Dan Grading Preparation			
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.							
Private class	Private sessions are also available for more individually focused training. Either on an individual basis or for up to 4 students. 1 person £20 - 2 persons £15 each - 3 persons £13 each - 4 persons £10 each						Tel: 07713 837508 Info@PremierTaekwondo.org	