

# AHMED TKD ACADEMY

Timetable: 2022



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-10:15am						4-8 Years	10th, 9th & 8th Kups
10:30-11:45am						9+ Years (Segregated)	7th Kups+
12:00-13:30pm						Advanced Class	
18:00-19:15pm:	Fitness For Women <b>Only</b>		Women <b>Only</b>				
18:15-19:30pm	4-8 Years		4-8 Years				
19:45-21:00pm	9+ Years (Segregated)		9+ Years (Segregated)				

## NOTES:

- Monday, Wednesday and Saturday will be Sport Taekwondo Classes
- Sunday will be a Poomsae (Traditional Taekwondo Class) where Students will learn content that they will be tested on in Future Grading's which is important to progress to the next belt
- We recommend every Student to come to the Sunday Class and one of the other three classes as a minimum requirement
- During the week, if Women can't make the 18:00-19:15pm Class, they can come to the 19:45-21:00pm Class instead
- Adults [Men and Women] can come to the 9+ Years Class
- During the Week, any 4-8 Year Students who have Madarassah during the 18:15-19:30pm Class can come to the 19:45-21:00pm Class instead
- The Advanced Class is just for a selected number of Students - Students attending that Class will know who they are