



ILYOKWAN BLACK BELT ACADEMY

Martial Arts • Fitness • Self Defence • Personal Development

Class Schedule 2020

The Academy reserves the right to alter the timetable if required.

Time	Monday	Tuesday	Thursday	Time
18:00	Intro Sessions & Leadership Team Meeting	18:00 - 18:30 Little Ninjas (5/6yrs)	18:00 - 18:45 Junior Foundation White / Yellow Belt Core Syllabus - 'B' night	18:00
18:45	18:45 - 19:30 Adults - Foundation White / Yellow Belt Taekwondo - Core Syllabus	18:30 - 19:15 Junior Foundation White / Yellow Belt Core Syllabus - 'A' night	18:45 - 19:45 Junior Experienced Green Belt +	18:45
19:30	19:30 - 20:15 Adults Experienced Green Belt + Taekwondo - Core Syllabus	19:15 - 20:00 Junior Experienced Green Belt + Taekwondo - Core Syllabus	+ 15mins Masters Only	
20:15	20:15 - 21:00 Masters Training Fusion Cross-Training Curriculum	20:15 - 21:00 Open Training / Private Lessons	19:45 - 20:30 Adults - Foundation White / Yellow Belt Freestyle / Bagwork / Self Defence	19:45
21:00	Black Belt Grading Prep / Open Training (by prior arrangement only)	Adults BBTC / MTC Junior Black Belts & Candidates	20:30 - 21:15 Adults Experienced Green Belt + Freestyle / Bagwork / Self Defence	20:30
21:30		Black Belt Grading Prep / Open Training (by prior arrangement only)		21:15 - 21:30

Classes are held all year round, with the exception of public holidays and 4 weeks scheduled Academy holiday, usually taken in August (two weeks prior to the bank holiday) and two weeks at Xmas. In addition there will be 3/4 evenings per year which may be affected by school events such as parents evening or a school production. The Academy cannot be held responsible for occasional cancellations due to exceptional circumstances beyond our control, including but not limited to: extreme weather conditions, illness or cancellations of the school premises due to school productions etc.

www.BlackBeltAcademy.info