

FULL CLASS LIST

(Yorkshire & Nottingham)

DAY	TIME	VENUE	LESSON	INSTRUCTOR
MONDAY	5.30 – 6.30	Goole L C	Mixed	Kath
	6.00 – 7.00	The Den	Children	Dave
	7.00 – 8.30	Harvey Hadden	Mixed	Michelle / Gary
	7.15 – 8.30	The Den	Traditional/Poomsae	Dave/Kath
	8.30 – 9.30	The Den	Private Lessons	Dave
TUESDAY	5.30 – 6.30	The Den	Children	Kath
	6.45 – 8.00	The Den	Juniors / Adults	Kath / Dave
	8.15 – 9.15	The Den	Private Lessons	Kath / Dave
WEDNESDAY	5.30 – 6.30	SPROTBROUGH	Children	Kath
	6.30 – 7.45	The Den	Mixed Traditional	Odette
	8.00 – 9.30	The Den	Sparring (Elite)	Dave/Kath
THURSDAY	6.00 – 7.00	The Den	Children	Dave / Kath
	7.00 – 8.30	Harvey Hadden	Mixed	Michelle / Gary
	7.15 – 8.30	The Den	Juniors/Adults	Dave
	7.30 – 8.30	Goole L C	Mixed	Kath
FRIDAY	5.45 – 7.15	The Den	Private Lessons	Dave
	6.00 – 7.00	SPROTBROUGH	Children	Kath
	7.30 – 9.00	The Den	Sparring	Kath/Dave
SATURDAY	11.45 – 12.45	The Den	Private Lessons	Dave
	1.30 – 2.45	The Den	Open Sparring Class	Kath
SUNDAY	10.30 – 11.30	The Den	FITNESS SESSIONS	AVOIDING EVENTS

Class times may change at any time – see your Instructor for any alterations



VENUE ADDRESSES

The Den

Rear of 13 Church Street
Armthorpe
Doncaster
DN3 3AD

Tel : 07742 479273

Goole Leisure Centre

North Street
Goole
DN14 5QX

(Mondays & Thursdays)

Sprotbrough Goldsmith Centre

259 Sprotbrough Road
Sprotbrough
Doncaster
DN5 8BP

(Wednesdays and Fridays)

Harvey Hadden Sports Centre

Wigman Road
Bilborough
Nottingham
G8 4BP

(Mondays and Thursdays)

For Ultimate Taekwondo Liverpool's Classes visit

www.ultimatetkdLiverpool.org.uk