

			Week 1					Week 2					Week 3					Week 4		
Class	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Junior	Patterns & technical work in line up form	Kicking techniques/ wall work	Technical work in line up form	Kicking techniques/ wall work	Patterns & technical work in line up form	Kicking techniques/ wall work	Technical work in line up form	Patterns & technical work in line up form and padwork	Technical work in line up form	Kicking techniques/ wall work	Technical work in line up form	Patterns & technical work in line up form	Kicking techniques/ wall work	Patterns & technical work in line up form	Technical work in line up form	Patterns & technical work in line up form	Kicking techniques/ wall work	Technical work in line up form	Kicking techniques/ wall work	Patterns & technical work in line up form
Junior	Self defence/ Technical sparring	set sparring routines	Pad work	set sparring routines	Self defence/ Technical sparring	set sparring routines	Pad work	Green belts and above destruction	Green belts and above destruction	set sparring routines	Pad work	Self defence/ Technical sparring	set sparring routines	Pad work	Pad work	Kicking/ Pad work	set sparring routines	Self defence/ Technical sparring	Self defence/ Technical sparring	Kicking/ Pad work
Senior	Kicking techniques/ wall work	Technical work in line up form	Patterns & technical work in line up form	Advanced Competition training and		Technical work in line up form	Patterns & technical work in line up form	Kicking techniques/ wall work	Advanced Competition training and		Patterns & technical work in line up form	Kicking techniques/ wall work	Technical work in line up form	Advanced Competition training and		Kicking techniques/ wall work	Technical work in line up form	Patterns & technical work in line up form	Advanced Competition training and	
Senior	set sparring routines	Pad work	Self defence/ Technical sparring	Blackbelt Grading Preparation		Pad work	Self defence/ Technical sparring	Destruction	Blackbelt Grading Preparation		Self defence/ Technical sparring	set sparring routines	Pad work	Blackbelt Grading Preparation		set sparring routines	Pad work	set sparring routines	Blackbelt Grading Preparation	