



# TISKA

# TRADITIONAL INTERNATIONAL SHOTOKAN KARATE ASSOCIATION

## CLASS TIMETABLE 2019 - REGULAR TIMES

### Regular Training Times

### Beginners

Classes & Grades	New Beginners 4 yrs - 7 yrs	New Beginners 8 yrs - Adults
<b>MONDAY</b>		
TISKA Golders Green London Jewish Family Centre Golders Green Road NW11 8HR	6.00pm to 6.40pm	6.50pm to 7.40pm
<b>TUESDAY</b>		
TISKA Hendon Hendon Leisure Centre Marble Drive NW2 1XQ	4.00pm to 4.40pm	4.50pm to 5.40pm
<b>THURSDAY</b>		
TISKA Mill Hill Cophall School Pursley Road NW7 2EP	All Beginners together at 6.00pm	6.00pm to 6.50pm
<b>FRIDAY</b>		
TISKA Edgware Canon's Sports Centre Dalkieth Grove HA7 4SQ	4.40pm to 5.20pm	5.20pm to 6.10pm
<b>SATURDAY MORNING</b>		
TISKA Finchley Woodhouse College Woodhouse Road N12 9EY	11.40am to 12.20pm	10.50am to 11.40am
<b>SATURDAY AFTERNOON</b>		
TISKA Hornsey Park Road Leisure Centre Park Road N8 8JN	1.20pm to 2.00pm	2.10pm to 3.00pm

### Blue Belts upto Black Belts

Blue Belts Upto Green Belts (Inc. Purple Tag)	Purple Belts Upto Brown with White Stripe (Inc. Red Tag)	Brown Belts with Red Stripe Upto Black Belts	Black Belts Only
6.50pm to 7.40pm	7.40pm to 8.30pm	8.30pm to 9.00pm ( Extra Time )	N / A
4.50pm to 5.40pm	5.40pm to 6.30pm	6.40pm to 7.10pm ( Extra Time )	N / A
6.00pm to 6.50pm	7.00pm to 7.50pm	7.50pm to 8.50pm ( Full Lesson )	8.50pm to 9.20pm ( Extra Time )
5.20pm to 6.10pm	6.10pm to 7.00pm	7.00pm to 8.00pm ( Full Lesson )	N / A
10.50am to 11.40am	10.00am to 10.50am	9.00am to 10.00am ( Full Lesson )	08.30am to 09.00am ( Extra Time )
2.10pm to 3.00pm	3.00pm to 3.50pm	3.50pm to 4.20pm ( Extra Time )	N / A

If it states "Extra Time" under your grade class, you will also need to attend the previous grade class as part of your training.

If it states "Full Lesson" under your grade class, you are only required to train in that specific lesson.

**IMPORTANT :** Training Times do vary during the Easter, Summer and Christmas Holiday periods, which can be found on the reverse of this Timetable or please visit the News / Events section of our website.

All Class times can also be found on our website [www.tiskakarate-millhill.co.uk](http://www.tiskakarate-millhill.co.uk)

Instructor: Sensei C Gregory

Mob: 07792 273644

Freephone: 0800 177 7705

email: [tiskakarate@gmail.com](mailto:tiskakarate@gmail.com)

CLASS TIMETABLE 2019 - EASTER AND SUMMER HOLIDAYS

Easter Holiday and Summer Holiday Training Times

Classes & Grades	Beginners Upto Purple with White Stripe (Inc. Brown Tag)	Brown Belts Upto Black Belts	Black Stripes Upto Black Belt
<b>MONDAY</b>			
TISKA Golders Green London Jewish Family Centre Golders Green Road NW11 8HR	No Class	No Class	No Class
<b>TUESDAY</b>			
TISKA Hendon Hendon Leisure Centre Marble Drive NW2 1XQ	5.00pm to 5.50pm	5.50pm to 6.40pm	6.40pm to 7.00pm ( Extra Time )
<b>THURSDAY</b>			
TISKA Mill Hill Cophall School Pursley Road NW7 2EP	6.00pm to 6.50pm	7.00pm to 7.50pm	7.50pm to 8.10pm ( Extra Time )
<b>FRIDAY</b>			
TISKA Edgware Canons Sports Centre Dalkieth Grove HA7 4SQ	5.30pm to 6.20pm	6.20pm to 7.10pm	7.10pm to 7.30pm ( Extra Time )
<b>SATURDAY MORNING</b>			
TISKA Finchley Woodhouse College Woodhouse Road N12 9EY	10.10am to 11.00am	09.20am to 10.10am	09.00am to 09.20am ( Extra Time )
<b>SATURDAY AFTERNOON</b>			
TISKA Hornsey Park Road Leisure Centre Park Road N8 8JN	1.10pm to 2.00pm	12.20pm to 1.10pm	12.00pm to 12.20pm ( Extra Time )

→	No Training on Good Friday Friday 19th April 2019
→	No Training on Easter Weekend Saturday 20th April 2019
→	No Training on Easter Weekend Saturday 20th April 2019

	Start	Finish
<b>Easter Holiday</b>	Monday 8th April 2019	Monday 22nd April 2019
<b>Summer Holiday</b>	Monday 22nd July 2019	Sunday 1st September 2019
<b>Christmas Holiday</b>	Friday 20th December 2019 Closed	Monday 6th January 2020 Re-Opens