



TISKA

TRADITIONAL INTERNATIONAL SHOTOKAN KARATE ASSOCIATION

CLASS TIMETABLE 2020 - REGULAR TRAINING TIMES

	Beginners up to Yellow Belts Inc. Green Tag 4 - 10 yrs	Beginners up to Yellow Belts Inc. Green Tag 11 yrs - Adults	Green Belts up to Purple Belts with White Stripe Inc. Brown Tag	Brown Belts up to Brown Belts with Red Stripe	Brown Belts with Black Stripe up to Black Belts	Nidans and Above Inc. Shodans Grading this Year
TUESDAY						
TISKA Hendon Hendon Leisure Centre Marble Drive NW2 1XQ	4.10pm to 5.00pm			5.00pm to 6.10pm	6.10pm to 7.00pm	N / A
THURSDAY						
TISKA Mill Hill Cophall School Pursley Road NW7 2EP	6.00pm to 6.50pm			6.50pm to 8.00pm	8.00pm to 8.50pm	8.50pm to 9.30pm <i>Extra Time</i>
FRIDAY						
TISKA Edgware Canons Sports Centre Dalkieth Grove HA7 4SQ	4.40pm to 5.20pm	5.20pm to 6.20pm		6.20pm to 7.10pm	7.10pm to 8.00pm	N / A
SATURDAY MORNING						
TISKA Finchley Woodhouse College Woodhouse Road N12 9EY	11.50am to 12.30pm	11.00am to 11.50am	10.10am to 11.00am	9.20am to 10.10am	8.30am to 9.20am	N / A
SATURDAY AFTERNOON						
TISKA Hornsey Park Road Leisure Centre Park Road N8 8JN	1.30pm to 2.10pm	2.10pm to 3.10pm		3.10pm to 4.00pm	4.00pm to 4.50pm	N / A

We are open during most of the School Holidays, but do change our training times during the Easter and Summer Holiday Periods.

We will be closed during a few key weeks of the year, as this gives all Instructors some quality time with their families.

Full details can be found on the reverse of this timetable or on our Website.

www.tiskakarate-millhill.co.uk

Instructor: Sensei C Gregory

Mob: 07792 273644

Freephone: 0800 177 7705

email: tiskakarate@gmail.com

EASTER HOLIDAY AND SUMMER HOLIDAY TRAINING TIMES

	Beginners up to Yellow Belts Inc. Green Tag 4 - 10 yrs	Beginners up to Yellow Belts Inc. Green Tag 11 yrs - Adults	Green Belts up to Purple Belts with White Stripe Inc. Brown Tag	Brown Belts up to Brown Belts with Red Stripe	Brown Belts with Black Stripe up to Black Belts	Nidans and Above Inc. Shodans Grading this Year
TUESDAY						
TISKA Hendon Hendon Leisure Centre Marble Drive NW2 1XQ		4.00pm to 5.00pm			5.00pm to 6.00pm <i>Extra Time: B/Belts 6.00 - 6.30pm</i>	N / A
THURSDAY						
TISKA Mill Hill Cophall School Pursley Road NW7 2EP		6.00pm to 7.00pm			7.00pm to 8.00pm <i>Extra Time: B/Belts 8.00 - 8.30pm</i>	N / A
FRIDAY						
TISKA Edgware Canons Sports Centre Dalkieth Grove HA7 4SQ		5.00pm to 6.00pm			6.00pm to 7.00pm <i>Extra Time: B/Belts 7.00 - 7.30pm</i>	N / A
SATURDAY MORNING						
TISKA Finchley Woodhouse College Woodhouse Road N12 9EY		10.00am to 11.00am			9.00am to 10.00am <i>Extra Time: B/Belts 8.30 - 9.00am</i>	N / A
SATURDAY AFTERNOON						
TISKA Hornsey Park Road Leisure Centre Park Road N8 8JN		1.30pm to 2.30pm			12.30pm to 1.30pm <i>Extra Time: B/Belts 12.00 - 12.30pm</i>	N / A

Easter Holidays	Holiday Times Apply:	7th, 16th, 17th and 18th April 2020
	We will be CLOSED:	Wednesday 8th April to Wednesday 15th April 2020 (Inclusive)
Summer Holidays	Holiday Times Apply:	Sunday 20th July to Saturday 15th August 2020 (Inclusive)
	We will be CLOSED:	Sunday 16th August to Monday 31st August 2020 (Inclusive)
Christmas Holidays	We will be CLOSED:	Sunday 20th December 2020 to Monday 4th January 2021