

Timetable at Bosei – Example:

	Monday	Tuesday	Wednesday	Thursday	Friday
07.00-7.45	BREAKFIRST				
08.00	Assembly		Assembly		Assembly
08.30-10.00	<u>Block 2:</u> 1. Taekwondo 2. Japanese conversation & culture 3. Karate - Goju ryu	<u>Options:</u> 1. Event 2. Volleyball 3. Karate-Wado	<u>Blok 1:</u> 1. Judo 2. Health & Fitness 3. Intensive Japanese	<u>Blok 1:</u> 1. Judo 2. Health & Fitness 3. Intensive Japanese	Society Class
10.15-11.45	<u>Options:</u> 1. Japanese Art 2. Swimming 3. Yoga/body alignment 4. Choir 5. Korean Food	<u>Blok 2:</u> 1. Taekwondo 2. Japanese conversation & culture 3. Karate - Goju ryu	<u>Options:</u> 1. Swimming 2. Yoga/body alignment 3. Korean language & culture 4. Calligraphy 5. Physiotherapy	Bosei groups & School meeting	<u>Options:</u> 1. Writing course 2. Drama 3. Taekwondo 2 4. Gymnastics
11.45 LUNCH	<i>12.30-13.00 Cleaning</i>		<i>12.30-13.00 Cleaning</i>		<i>12.30-13.00 Cleaning</i>
13.30-15.00	<u>Blok 1:</u> 1. Judo 2. Health & Fitness 3. Intensive Japanese	<u>Blok 1:</u> 1. Judo 2. Health & Fitness 3. Intensive Japanese	<u>Blok 2:</u> 1. Taekwondo 2. Japanese conversation & culture 3. Karate - Goju ryu	<u>Blok 2:</u> 1. Taekwondo 2. Japanese conversation & culture 3. Karate - Goju ryu	<u>Options:</u> 1. Outdoor 2. Swimming 3. Shiatsu 4. Tools for life 5. Calisthenics
15.15-16.45	<u>Options:</u> 1. Karate – Shotokan 2. Japanese film 3. Crazy about Games 4. Cosplay 5. Japanese Food MR	<u>Options:</u> 1. Swimming 2. Manga 3. Budo Culture 4. Meditation 5. Piano Lessons	<u>Options:</u> 1. Taekkyon 2. Karate - Shotokan 3. Outdoor 4. The History of Japan	<u>Options:</u> 1. Korean language & culture 2. Health & nutrition 3. Outdoor <i>ADVANCED</i> 4. TV-series 5. Martial arts fitness	
18.00	English (optional) DINNER				
19.00-21.00	Aikido (club) Music/Band	Highschool evening	Swimming (public) Aikido (club)	Highschool song (optional)	Swimming (public)