



KATONG

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY						
10:00					T-KIDS ALL LEVELS			9:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS					
										9:00 TAEKWON TOTS 45 Minutes	POOM BELT			
11:00									LIGHT SPARRING		10:00 T-KIDS ALL LEVELS	TAEKWON TOTS 45 Minutes		
											10:00 POOM BELT	LIGHT SPARRING		
12:00					ALL LEVELS			11:00 TAEKWON TOTS 45 Minutes	T-KIDS ALL LEVELS					
										11:00 LIGHT SPARRING				
1:00					LUNCH BREAK			LUNCH BREAK				12:00 TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	
											12:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS		
3:15					TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	1:00 LUNCH BREAK					
4:00					T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	2:00 LIGHT SPARRING	LIGHT SPARRING				
									2:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS				
5:00					LIGHT SPARRING	T-KIDS ALL LEVELS	LIGHT SPARRING	T-KIDS ALL LEVELS	3:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS				
									3:00 POOM BELT	POOM BELT				
6:00					T-KIDS ALL LEVELS	COMPETITION SPARRING 6-730	T-KIDS ALL LEVELS	LIGHT SPARRING	4:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS				
						POOM BELT			4:00 LIGHT SPARRING	LIGHT SPARRING				
7:00					ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	5:00 TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes				
		T-KIDS ALL LEVELS 730 - 830	POOM BELT	T-KIDS ALL LEVELS 730 - 830	5:00 FAMILY TAEKWONDO	FAMILY TAEKWONDO								
8:00	ONE STEP SPARRING & SELF DEFENCE	TEST PREPARATION	TEST PREPARATION	FULL RANGE SPARRING	6:00 TEST PREPARATION	TEST PREPARATION	ONE STEP SPARRING & LIGHT SPARRING							

MILLENNIA WALK • KATONG • SIGLAP • TAMPINES • WEST COAST • RIVER VALLEY • KUALA LUMPUR • JOHOR BAHRU • MANILA • MAKASSAR • BALI

SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA