



# MILLENIA WALK

## SCHEDULE

|       | MONDAY | TUESDAY                    | WEDNESDAY                              | THURSDAY                   | FRIDAY                     |             | SATURDAY                          | SUNDAY                                     |                   |
|-------|--------|----------------------------|--|----------------------------|----------------------------|-------------|-----------------------------------|--|-------------------|
| 10:00 |        |                            |  |                            |                            |             | 9:00 T-KIDS ALL LEVELS            | TAEKWON TOTS<br>45 Minutes<br>(915 - 1000) |                   |
| 11:00 |        |                            |  |                            |                            |             | TEST PREPARATION                  | 10:00 LIGHT SPARRING                       | T-KIDS ALL LEVELS |
| 12:00 |        |                            |  |                            |                            |             | KICK FIT                          | 11:00 T-KIDS ALL LEVELS                    | LIGHT SPARRING    |
| 1:00  |        |                            |  |                            |                            | LUNCH BREAK | LUNCH BREAK                       | 12:00 TAEKWON TOTS<br>45 Minutes           | T-KIDS ALL LEVELS |
| 3:15  |        |                            |  |                            |                            | 1:00        | LUNCH BREAK                       |  |                   |
| 4:00  |        |                            |  |                            |                            | 2:00        | T-KIDS ALL LEVELS                 | T-KIDS ALL LEVELS                          |                   |
| 5:00  |        |                            |  |                            |                            | 3:00        | LIGHT SPARRING                    | LIGHT SPARRING                             |                   |
| 6:00  |        |                            |  |                            |                            | 4:00        | T-KIDS ALL LEVELS                 | T-KIDS ALL LEVELS                          |                   |
| 7:00  |        |                            |  |                            |                            | 5:00        | POOM BELT                         | POOM BELT                                  |                   |
|       |        |                            |  |                            |                            |             | ADULTS & TEENS<br>ALL LEVELS      | ADULTS & TEENS<br>ALL LEVELS               |                   |
| 8:00  |        |                            |  |                            |                            | 6:00        | PRIVATE LESSONS<br>by appointment | PRIVATE LESSONS<br>by appointment          |                   |
|       |        | TAEKWON TOTS<br>45 Minutes | TAEKWON TOTS<br>45 Minutes             | TAEKWON TOTS<br>45 Minutes | TAEKWON TOTS<br>45 Minutes |             |                                   |  |                   |
|       |        | T-KIDS ALL LEVELS          | T-KIDS ALL LEVELS                      | T-KIDS ALL LEVELS          | T-KIDS ALL LEVELS          |             |                                   |  |                   |
|       |        | LIGHT SPARRING             | T-KIDS ALL LEVELS                      | LIGHT SPARRING             | T-KIDS ALL LEVELS          |             |                                   |  |                   |
|       |        | T-KIDS ALL LEVELS          | LIGHT SPARRING                         | T-KIDS ALL LEVELS          | LIGHT SPARRING             |             |                                   |  |                   |
|       |        | ALL LEVELS                 | ALL LEVELS                             | ALL LEVELS                 | ALL LEVELS                 |             |                                   |  |                   |
|       |        | TEST PREPARATION           | ONE STEP<br>SPARRING & SELF<br>DEFENCE | TEST PREPARATION           | FULL RANGE<br>SPARRING     |             |                                   |  |                   |

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

**SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA**