



RIVER VALLEY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10:00						8:30	COMPETITION SPARRING 830-1000	PRIVATE LESSONS by appointment
11:00	ALL LEVELS	INSTRUCTOR TRAINING	ALL LEVELS	ALL LEVELS	10:00	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	
12:00	ALL LEVELS	CSO TRAINING	ALL LEVELS	ALL LEVELS	11:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	
1:00	OPEN MAT (1:00PM TO 3:00PM)					12:00	LIGHT SPARRING	LIGHT SPARRING
3:15	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	12:00	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	
4:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	1:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	
5:00	T-KIDS ALL LEVELS	TAEKWON TOTS 45 Minutes	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	1:00	LUNCH BREAK		
6:00	COMPETITION SPARRING 5-630	COMPETITION POOMSAE 5-630	COMPETITION SPARRING 5-630	LIGHT SPARRING	2:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	
6:30	BREAK		BREAK		2:00	FAMILY TAEKWONDO	POOM BELT	
7:30	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	3:00	LIGHT SPARRING	LIGHT SPARRING	
8:30	ALL LEVELS	ONE STEP SPARRING & SELF DEFENCE	ALL LEVELS	FULL RANGE SPARRING	3:00	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	
					4:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	
					4:00	POOM BELT	POOM BELT	
					5:00	COMPETITION POOMSAE	SPECIAL TKD EVENT	
					6:00	SPECIAL TKD EVENT		

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

SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA