



TAMPINES SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SATURDAY | SUNDAY |
|-------|--------|---------|-----------|----------|--|---------------------------------------|--|---|
| 10:00 | | | | | T-KIDS ALL LEVELS | | 9:00 T-KIDS ALL LEVELS POOM BELT | T-KIDS ALL LEVELS POOM BELT |
| 11:00 | | | | | LIGHT SPARRING | | 10:00 TAEKWON TOTS 45 Minutes LIGHT SPARRING | TAEKWON TOTS 45 Minutes LIGHT SPARRING |
| 12:00 | | | | | ALL LEVELS | | 11:00 T-KIDS ALL LEVELS | T-KIDS ALL LEVELS |
| 1:00 | | | | | LUNCH BREAK | | LUNCH BREAK | 12:00 TAEKWON TOTS 45 Minutes T-KIDS ALL LEVELS |
| 3:15 | | | | | 1:00 TAEKWON TOTS 45 Minutes | LUNCH BREAK | | |
| 4:00 | | | | | 2:00 T-KIDS ALL LEVELS POOM BELT | T-KIDS ALL LEVELS POOM BELT | T-KIDS ALL LEVELS POOM BELT | |
| 5:00 | | | | | 3:00 T-KIDS ALL LEVELS POOM BELT | T-KIDS ALL LEVELS LIGHT SPARRING | T-KIDS ALL LEVELS LIGHT SPARRING | |
| 6:00 | | | | | 4:00 TAEKWON TOTS 45 Minutes T-KIDS L1 | T-KIDS ALL LEVELS | T-KIDS ALL LEVELS | |
| 7:00 | | | | | 5:00 T-KIDS ALL LEVELS | T-KIDS ALL LEVELS FAMILY TAEKWONDO | T-KIDS ALL LEVELS | |
| 8:00 | | | | | 6:00 TEST PREPARATION | TEST PREPARATION | ONE STEP SPARRING & SELF DEFENCE | |

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

SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA