



MILLENIA WALK

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY				
10:00			INSTRUCTOR TRAINING PROGRAM CSO TRAINING PROGRAM		ALL LEVELS	8:30	COMPETITION SPARRING 830-1000	PRIVATE LESSONS by appointment				
11:00					TEST PREPARATION	9:00	JR BLACK BELT	JR BLACK BELT				
					12:00	KICK FIT	10:00	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes			
11:00							T-KIDS ALL LEVELS	T-KIDS ALL LEVELS				
1:00					LUNCH BREAK	LUNCH BREAK				11:00	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
										1:00	LUNCH BREAK	
4:00					T-KIDS L1	T-KIDS L1	T-KIDS L1	T-KIDS L1		2:00	T-KIDS ALL LEVELS	WEAPONS KIDS
					T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS			JR BLACK BELT	JR BLACK BELT
5:00					T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS		3:00	LIGHT SPARRING	LIGHT SPARRING
	COMPETITION SPARRING 5-630		COMPETITION SPARRING 5-630				TAEKWON TOTS 45 Minutes	T-KIDS ALL LEVELS				
6:00	PRIVATE LESSONS by appointment	LIGHT SPARRING	PRIVATE LESSONS by appointment	LIGHT SPARRING		4:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS				
		JR BLACK BELT		TAEKWON TOTS 45 Minutes			PRIVATE LESSONS by appointment	KICK FIT ADULTS & TEENS				
7:00	TEST PREPARATION	ALL LEVELS	ALL LEVELS	ONE STEP SPARRING & LIGHT SPARRING		5:00	T-KIDS ALL LEVELS	SPECIAL TKD EVENT				
8:00	ALL LEVELS	ONE STEP SPARRING & LIGHT SPARRING	KICK FIT	TEST PREPARATION		6:00	COMPETITION POOMSAE 5-630					
							ALL LEVELS					

Certified by



Affiliated to



*Schedules are subjected to changes.