



# SIGLAP SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY				
10:00					T-KIDS ALL LEVELS		9:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS			
									JR BLACK BELT	JR BLACK BELT		
11:00									LIGHT SPARRING	10:00	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes
										LIGHT SPARRING	LIGHT SPARRING	
12:00	LUNCH BREAK				ALL LEVELS	11:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS				
1:00									12:00	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	
	LUNCH BREAK						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		
	PRIVATE LESSONS by appointment	PRIVATE LESSONS by appointment	PRIVATE LESSONS by appointment	PRIVATE LESSONS by appointment								
4:00	T-KIDS L1	T-KIDS L1	T-KIDS L1	T-KIDS L1	2:00	PRIVATE LESSONS by appointment	T-KIDS ALL LEVELS					
	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS		T-KIDS ALL LEVELS	JR BLACK BELT					
5:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	3:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS					
	JR BLACK BELT		JR BLACK BELT			LIGHT SPARRING	LIGHT SPARRING					
6:00	TAEKWON TOTS 45 Minutes	LIGHT SPARRING	TAEKWON TOTS 45 Minutes	LIGHT SPARRING	4:00	T-KIDS ALL LEVELS	COMPETITION POOMSAE 4-530					
	T-KIDS L1	COMPETITION SPARRING 6-730	T-KIDS L1	T-KIDS ALL LEVELS		JR BLACK BELT	T-KIDS ALL LEVELS					
7:00	ALL LEVELS	TEST PREPARATION	ALL LEVELS	ALL LEVELS	5:00	T-KIDS ALL LEVELS	FAMILY TAEKWONDO					
	T-KIDS ALL LEVELS 730 - 830		T-KIDS ALL LEVELS 730 - 830	T-KIDS ALL LEVELS 730 - 830		FAMILY TAEKWONDO						
8:00	TAEGEUK FORMS	ALL LEVELS	ONE STEP SPARRING & LIGHT SPARRING	TEST PREPARATION	6:00	KICK FIT ADULTS & TEENS	ONE STEP SPARRING & LIGHT SPARRING					

Certified by



Affiliated to



\*Schedules are subjected to changes.