



WEST COAST SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10:00							9:00 ALL COMPETITION TEAM STRENGTH & CONDITIONING	ALL COMPETITION TEAM STRENGTH & CONDITIONING
11:00						TEST PREPARATION	10:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS
12:00						KICK FIT	11:00 TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes
1:00	LUNCH BREAK		LUNCH BREAK				12:00 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
4:00	T-KIDS ALL LEVELS		T-KIDS ALL LEVELS		T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	2:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS
5:00	COMPETITION SPARRING 5 - 630		COMPETITION POOMSAE 5 - 630		COMPETITION SPARRING 5 - 630	COMPETITION POOMSAE 5 - 630	3:00 COMPETITION SPARRING 2 - 4	COMPETITION SPARRING 2 - 4
6:30	JR BLACK BELT	LIGHT SPARRING	JR BLACK BELT	LIGHT SPARRING			4:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS
7:00	T-KIDS ALL LEVELS		T-KIDS ALL LEVELS				5:00 COMPETITION POOMSAE 4 - 530	COMPETITION POOMSAE 4 - 530
8:00	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS			6:00 ALL LEVELS	ALL LEVELS
	TEST PREPARATION	ONE STEP SPARRING & LIGHT SPARRING	TRADITIONAL FORMS	KICK FIT			T-KIDS ALL LEVELS	T-KIDS ALL LEVELS

MILLENNIA WALK • KATONG • SIGLAP • TAMPINES • WEST COST • KUALA LUMPUR • MANILA
SINGAPORE / MALAYSIA / PHILIPPINES