



LIANG COURT 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	KICK FIT	CSO TRAINING	KICK FIT	KICK FIT		10:00	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
4:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS		12:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS
5:00	TAEKWON TOTS 45 Minutes	T-KIDS ALL LEVELS	TAEKWON TOTS 45 Minutes	T-KIDS ALL LEVELS		1:00	LUNCH BREAK	
	COMPETITION SPARRING 5-630		COMPETITION SPARRING 5-630			2:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS
6:00	PRIVATE LESSONS by appointment	LIGHT SPARRING	PRIVATE LESSONS by appointment	LIGHT SPARRING		3:00	LIGHT SPARRING	LIGHT SPARRING
7:00	ALL LEVELS	ALL LEVELS	ALL LEVELS	ONE STEP SPARRING & LIGHT SPARRING		3:00	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes
8:00	TEST PREPARATION	ONE STEP SPARRING & LIGHT SPARRING	KICK FIT	TEST PREPARATION		4:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS
						5:00	COMPETITION POOMSAE 5-630	SPECIAL TKD EVENT
						6:00	T-KIDS ALL LEVELS	

MILLENNIA WALK • KATONG • SIGLAP • TAMPINES • WEST COAST • LIANG COURT • KUALA LUMPUR • MANILA • MAKASSAR • BALI

SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA