



# MILLENIA WALK

## SCHEDULE

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

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

SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA