



# KATONG

## SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY				
10:00				T-KIDS ALL LEVELS			9:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS				
									9:00 TAEKWON TOTS 45 Minutes	POOM BELT		
11:00								LIGHT SPARRING		10:00 T-KIDS ALL LEVELS	TAEKWON TOTS 45 Minutes	
										10:00 POOM BELT	LIGHT SPARRING	
12:00				ALL LEVELS			11:00 TAEKWON TOTS 45 Minutes	T-KIDS ALL LEVELS				
									11:00 LIGHT SPARRING			
1:00				LUNCH BREAK			LUNCH BREAK			12:00 TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	
										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 LIGHT SPARRING	LIGHT SPARRING			
								2:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS			
5:00				LIGHT SPARRING	T-KIDS ALL LEVELS	LIGHT SPARRING	T-KIDS ALL LEVELS	3:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS			
								3:00 POOM BELT	POOM BELT			
6:00				T-KIDS ALL LEVELS	COMPETITION SPARRING 6-730	T-KIDS ALL LEVELS	LIGHT SPARRING	4:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS			
					POOM BELT			4:00 LIGHT SPARRING	LIGHT SPARRING			
7:00				ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	5:00 TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes			
		T-KIDS ALL LEVELS 730 - 830	POOM BELT	T-KIDS ALL LEVELS 730 - 830	5:00 FAMILY TAEKWONDO	FAMILY TAEKWONDO						
8:00	ONE STEP SPARRING & SELF DEFENCE	TEST PREPARATION	TEST PREPARATION	FULL RANGE SPARRING	6:00 TEST PREPARATION	ONE STEP SPARRING & LIGHT SPARRING						

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

SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA