



# MILLENIA WALK

## SCHEDULE

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

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

**SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA**