



SIGLAP SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10:00					T-KIDS ALL LEVELS		9:00 T-KIDS ALL LEVELS POOM BELT	T-KIDS ALL LEVELS POOM BELT
11:00					LIGHT SPARRING		10:00 TAEKWON TOTS 45 Minutes LIGHT SPARRING	TAEKWON TOTS 45 Minutes LIGHT SPARRING
12:00							11:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS
1:00					LUNCH BREAK		LUNCH BREAK	12:00 TAEKWON TOTS 45 Minutes T-KIDS ALL LEVELS
3:15					1:00 TAEKWON TOTS 45 Minutes	LUNCH BREAK		
4:00					2:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	
5:00					3:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS LIGHT SPARRING	T-KIDS ALL LEVELS LIGHT SPARRING	
6:00					4:00 TAEKWON TOTS 45 Minutes T-KIDS L1	T-KIDS ALL LEVELS POOM BELT	T-KIDS ALL LEVELS	
7:00					5:00 T-KIDS ALL LEVELS	T-KIDS ALL LEVELS FAMILY TAEKWONDO	COMPETITION POOMSAE 5-630	
8:00					6:00 TEST PREPARATION	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	
			ALL LEVELS	ONE STEP SPARRING & SELF DEFENCE	FULL RANGE SPARRING			

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

SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA