



TAMPINES SCHEDULE

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

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

SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA