



MILLENIA WALK

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY	
10:00							9:00 T-KIDS ALL LEVELS	TAEKWON TOTS 45 Minutes (915 - 1000)	
11:00							TEST PREPARATION	10:00 LIGHT SPARRING	T-KIDS ALL LEVELS
12:00							KICK FIT	11:00 T-KIDS ALL LEVELS	LIGHT SPARRING
1:00						LUNCH BREAK	LUNCH BREAK	12:00 TAEKWON TOTS 45 Minutes	T-KIDS ALL LEVELS
3:15						1:00	LUNCH BREAK		
4:00						2:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	
5:00						3:00	LIGHT SPARRING	LIGHT SPARRING	
6:00						4:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	
7:00						5:00	POOM BELT	POOM BELT	
							ADULTS & TEENS ALL LEVELS	ADULTS & TEENS ALL LEVELS	
8:00						6:00	PRIVATE LESSONS by appointment	PRIVATE LESSONS by appointment	
		TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes	TAEKWON TOTS 45 Minutes				
		T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS				
		LIGHT SPARRING	T-KIDS ALL LEVELS	LIGHT SPARRING	T-KIDS ALL LEVELS				
		T-KIDS ALL LEVELS	LIGHT SPARRING	T-KIDS ALL LEVELS	LIGHT SPARRING				
		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS				
		TEST PREPARATION	ONE STEP SPARRING & SELF DEFENCE	TEST PREPARATION	FULL RANGE SPARRING				

MILLENIA WALK • KATONG • SIGLAP • TAMPINES • WEST COAST • RIVER VALLEY • KUALA LUMPUR • JOHOR BAHRU • MANILA • MAKASSAR • BALI

SINGAPORE / MALAYSIA / PHILIPPINES / INDONESIA