



J H KIM TAEKWONDO (BUKIT TIMAH)

SCHEDULE VALID FROM 1ST JANUARY 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10:00	For general enquiries and requests for lessons on Mondays, please contact 9173 8103	reserved for special events	staff training	reserved for special events	reserved for special events	8:30	private lesson by appointment	private lesson by appointment
11:00						9:00	taekwon tots	taekwon tots
							all levels	level 2 & 3 black belts
2:00		private lesson by appointment	private lesson by appointment	private lesson by appointment	private lesson by appointment	10:00	t-kids sparring	level 1
							competition team	t-kids/teens sparring
3:00		taekwon tots	all levels	taekwon tots	taekwon tots	11:00	all levels	level 2 & 3 black belts
		competition team		competition team	all levels		competition team	[teens] all levels black
4:00		taekwon tots	level 1	competition team	level 1	12:00	taekwon tots	[adults] kummooyeh
		level 1	t-kids sparring	level 1	t-kids sparring		competition team	[adults] forms
5:00		level 2 & 3 black belts	level 2 & 3 black belts	level 2 & 3 black belts	level 2 & 3 black belts	1:00	private lesson by appointment	private lesson by appointment
		[teens] all levels black	[teens] all levels	[teens] all levels black	t-kids sparring	1:30	level 2 & 3 black belts	taekwon tots
6:00		competition team	t-kids kummooyeh	competition team	competition team		competition team	competition team
7:00		competition team	competition team	competition team	competition team	2:30	level 1	t-kids sparring
		[teens] sparring	private lesson by appointment	[teens] sparring	private lesson by appointment		t-kids/teens sparring	[adults] all levels
7:30	[adults] test preparation	[adults] all levels	[adults] forms	all levels	3:30	[teens] all levels	level 2 & 3 (no black belts)	
		competition team	competition team	[adults] light/competition sparring		[adults] all levels		
8:30	[adults] light/competition sparring	[adults] forms	competition team	[adults] test preparation	4:30	competition team	level 1	
		[adults] all levels	[adults] kummooyeh	[adults] test preparation		[adults] test preparation		
9:30	[adults] stretching & conditioning (30min)	[adults] stretching & conditioning (30min)	[adults] stretching & conditioning (30min)	[adults] stretching & conditioning (30min)	5:30	private lesson by appointment	private lesson by appointment	

LEGEND	taekwon tots : 3-5 years	t-kids : 5-9 years	teens : 10-14 years
kummooyeh	competition team training	t-kids sparring: 5-9 years	adults : 15 years and older