



# J H KIM TAEKWONDO (BUKIT TIMAH)



**SCHEDULE VALID FROM 1ST JULY 2019**

|       | MONDAY                                     | TUESDAY                       | WEDNESDAY                                  | THURSDAY                      | FRIDAY                                     |              | SATURDAY                      | SUNDAY                        |
|-------|--|-------------------------------|--|-------------------------------|--|--------------|-------------------------------|-------------------------------|
| 10:00 |  | reserved for special events   | staff training                             | reserved for special events   |  | 8:30         | private lesson by appointment | private lesson by appointment |
| 11:00 |  |                               |  |                               |  | taekwon tots | taekwon tots                  | 9:00                          |
| 2:00  | private lesson by appointment              | private lesson by appointment | private lesson by appointment              | private lesson by appointment | private lesson by appointment              | 10:00        | level 2 & 3   black belts     | level 2 & 3   black belts     |
| 3:00  | taekwon tots                               | taekwon tots                  | taekwon tots                               | taekwon tots                  | taekwon tots                               | 10:00        | level 1                       | taekwon tots                  |
|       | all levels                                 | competition team              | all levels                                 | competition team              | all levels                                 | 11:00        | t-kids sparring               | level 1                       |
|       |  |                               |  |                               |  | 11:00        | competition team              | t-kids/teens sparring         |
| 4:00  | level 1                                    | taekwon tots                  | level 1                                    | taekwon tots                  | level 1                                    | 12:00        | taekwon tots                  | level 2 & 3   black belts     |
|       | t-kids sparring                            | level 1                       | t-kids sparring                            | level 1                       | t-kids sparring                            | 12:00        | all Levels                    | [teens] all levels   black    |
|       |  |                               | competition team                           | competition team              |  | 1:00         | competition team              |                               |
| 5:00  | level 2 & 3   black belts                  | level 2 & 3   black belts     | level 2 & 3   black belts                  | level 2 & 3   black belts     | level 2 & 3   black belts                  | 1:00         | all levels                    | all levels                    |
|       |  | black belt sparring           | competition team                           | kummooyeh                     | black belt sparring                        | 1:30         | competition team              | [adults] all levels           |
|       |  |                               |  | competition team              | competition team                           | 1:30         | private lesson by appointment | t-kids sparring               |
| 6:00  | level 2 & 3   black belts                  | [teens] all levels   black    | [teens] all levels                         | [teens] all levels   black    | black belts                                | 1:30         | level 1                       | private lesson by appointment |
|       | kummooyeh                                  | black belts                   | competition team                           | competition team              | t-kids sparring                            | 2:30         | t-kids sparring               |                               |
|       | t-kids sparring                            | competition team              | competition team                           | competition team              | competition team                           | 2:30         | competition team              | t-kids sparring               |
| 7:00  | private lesson by appointment              | competition team              | competition team                           | competition team              | competition team                           | 3:30         | all levels                    | [adults] light sparring       |
|       |  | [teens] sparring              | private lesson by appointment              | [teens] sparring              | private lesson by appointment              | 3:30         | taekwondo tots                |                               |
| 7:30  | [adults] test preparation                  | [adults] all levels           | [adults] all levels                        | [adults] all levels           | all levels                                 | 3:30         | [teens] all levels            | level 2 & 3 (no black belts)  |
|       |  |                               | competition team                           |                               | [adults] light sparring                    | 4:30         | [adults] all levels           |                               |
| 8:30  | [adults] light sparring                    |                               | [adults] forms                             |                               | [adults] test preparation                  | 4:30         | all levels                    | level 1                       |
|       | [adults] kummooyeh                         |                               | competition team                           |                               | [adults] kummooyeh                         | 5:30         | [teens] sparring              |                               |
| 9:30  | [adults] stretching & conditioning (30min) |                               | [adults] stretching & conditioning (30min) |                               | [adults] stretching & conditioning (30min) | 5:30         | [adults] test preparation     |                               |
|       |  |                               |  |                               |  |              | private lesson by appointment | private lesson by appointment |

|               |                                  |   |                                   |
|---------------|----------------------------------|---|-----------------------------------|
| <b>LEGEND</b> | <b>TAEKWON TOTS : 3-5 YEARS</b>  | <b>T-KIDS LVL 1 &amp; ALL LVLS: 5-9 YEARS</b> | <b>TEENS CLASSES: 10-14 YEARS</b> |
|               | <b>COMPETITION TEAM TRAINING</b> | <b>T-KIDS SPARRING: 5-9 YEARS</b>             | <b>ADULT CLASSES</b>              |