



J H KIM TAEKWONDO (HOLLAND)



SCHEDULE VALID FROM 15TH OCTOBER TO 31ST DECEMBER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
10:00	closed on mondays					8:30	private lesson by appointment	private lesson by appointment
11:00						9:00	[t-kids] level 1	[t-kids] 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	taekwon tots	[t-kids/teens] sparring
3:00		[t-kids] all levels	taekwon tots	[t-kids] all levels	taekwon tots	11:00	[t-kids] level 2 & 3 black belts	[t-kids/teens] all levels
4:00		[t-kids] level 1	[t-kids] level 1	[t-kids] level 1	[t-kids] level 1	12:00	[t-kids] sparring	[t-kids] level 1
5:00		[t-kids] level 2 & 3 black belts	[t-kids] level 2 & 3 black belts	[t-kids] level 2 & 3 black belts	[t-kids] level 2 & 3 black belts	1:00	private lesson by appointment	private lesson by appointment
6:00		[t-kids/teens] sparring	[t-kids] kummooyeh	[t-kids] sparring	[t-kids/teens] sparring	1:30	[t-kids/teens] all levels	taekwon tots
7:00		private lesson by appointment	private lesson by appointment	private lesson by appointment	private lesson by appointment	2:30	[t-kids/teens] sparring	[t-kids] level 1
7:30		[t-kids/teens] all levels	[adults] kummooyeh	[adults] all levels	[t-kids/teens] all levels	3:30	[t-kids/adults] kummooyeh	[adults] test preparation
8:30		[adults] all levels	[adults] forms	[adults] sparring	[adults] test preparation	4:30	[adults] all levels	[adults] sparring
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 LVL 1 & ALL LVLS: 5-9 YEARS	TEENS CLASSES: 10-14 YEARS
	COMPETITION TEAM TRAINING	T-KIDS/TEENS SPARRING: 5-14 YEARS	ADULT CLASSES