

CLASS SCHEDULE

						saturday		sunday		
						8.30				
						9:00	private lesson by appointment		all levels	
monday	tuesday	wednesday	thursday	friday	8.30	9:00	private lesson by appointment		all levels	
For general enquiries and requests for lessons on Mondays, please call 6467 6728	private lesson by appointment	private lesson by appointment	private lesson by appointment	private lesson by appointment	8.30	9:00	private lesson by appointment		all levels	
	all levels	competition team poomsae	all levels	all levels	10:00	11:00	level 1	light sparring	taekwon tots	light sparring
	level 1	level 1	all levels	level 1	12:00	12:00	lev 2 & 3 black belts		teens all levels	competition team poomsae
	lev 2 & 3 black belts	lev 2 & 3 black belts	light sparring equipment required	kummooyeh	1:00	1:00	private lesson by appointment		private lesson by appointment	
	light sparring equipment required	light sparring equipment required	6 pm all levels		6 pm	1:30	taekwon tots	level 1	level 1	
	private lesson by appointment	private lesson by appointment	private lesson by appointment	private lesson by appointment	7 pm	2:30	all levels		lev 2 & 3 black belts	
	test preparation	all levels	test preparation	private lesson by appointment	3:30	3:30	red black belts	teens all levels	light sparring	adults light sparring
	light sparring equipment required	taeguk forms	all levels	kummooyeh	8.30 pm	4:30	light sparring	competition team poomsae	all levels	adults test preparation
	dynamic flexibility drills	heavy bag drills	strength & conditioning	strength & conditioning	5:30	5:30	family taekwondo		private lesson by appointment	

Legend

Taekwon Tots : 3 - 5 years

T-KiDs : 5 - 10 years

Teens : 11 to 14 years

Adults : 15 years and above