



J H KIM TAEKWONDO (BUKIT TIMAH)



SCHEDULE VALID FROM 1ST AUGUST 2018

	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	11:00	level 1	taekwon tots
	all levels	competition team	all levels	competition team	all levels		t-kids sparring	level 1
4:00	level 1	taekwon tots	level 1	taekwon tots	level 1	12:00	competition team	t-kids/teens sparring
	t-kids sparring	level 1	t-kids sparring	level 1	t-kids sparring		taekwon tots	level 2 & 3 black belts
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	[teens] all levels black
	black belt sparring	competition team	competition team	competition team	black belt sparring		competition team	all levels
6:00	level 2 & 3 black belts	[teens] all levels black	[teens] all levels	[teens] all levels black	black belts	1:30	competition team	all levels
	t-kids sparring	black belts	competition team	competition team	t-kids sparring		competition team	private lesson by appointment
7:00	private lesson by appointment	competition team	competition team	competition team	competition team	2:30	competition team	private lesson by appointment
	[teens] sparring	[teens] sparring	private lesson by appointment	[teens] sparring	private lesson by appointment		all levels	t-kids sparring
7:30	[adults] test preparation	[adults] all levels	[adults] all levels	[adults] all levels	all levels	3:30	taekwondo tots	level 2 & 3 (no black belts)
	[adults] light sparring	[adults] all levels	competition team	[adults] all levels	[adults] light sparring		[teens] all levels	[adults] all levels
8:30	[adults] black belts		[adults] forms		[adults] test preparation	4:30	competition team	level 1
	[adults] stretching & conditioning (30min)		competition team		[adults] stretching & conditioning (30min)		all levels	[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	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 SPARRING: 5-9 YEARS	ADULT CLASSES