

TAEKWONDO TIME TABLE TABLE - TERM 4 - 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TINY WARRIORS 10am-10.30am Age 3.5 - 4 Pre-School TKD	TAEKWON-FIT 10am-11am Adults (No Grading) Fitness & CONDITIONING	TINY WARRIORS 10am-10.30am Age 3.5 - 4 Pre-School TKD		MINI WARRIORS 9am-9.45am KIDS Age 5-7 ALL RANK SPARRING & POOMSAE
	MORNING TKD 10.30am-11.30am Age 17 and up (Adults TKD) GENERAL TAEKWONDO		MORNING TKD 10.30am-11.30am Age 17 and up (Adults TKD) GENERAL TAEKWONDO		LITTLE WARRIORS 9.45pm-10.30pm KIDS Age 8-10 ALL RANK SPARRING & POOMSAE
<< CHILDREN'S TAEKWONDO PROGRAM >>					
MINI WARRIORS 4pm-4.45pm KIDS Age 5-7 ALL RANK SPARRING & POOMSAE	MINI WARRIORS 4pm-4.45pm KIDS Age 5-7 ALL RANK SPARRING & POOMSAE	MINI WARRIORS 4pm-4.45pm KIDS Age 5-7 ALL RANK SPARRING & POOMSAE	MINI WARRIORS 4pm-4.45pm KIDS Age 5-7 ALL RANK SPARRING & POOMSAE	MINI WARRIORS 4pm-4.45pm KIDS Age 5-7 ALL RANK SPARRING & POOMSAE	YOUNG WARRIORS 10.30pm-11.15pm KIDS Age 11-13 ALL RANK SPARRING & POOMSAE
LITTLE WARRIORS 4.45pm-5.30pm KIDS Age 8-10 ALL RANK SPARRING & POOMSAE	LITTLE WARRIORS 4.45pm-5.30pm KIDS Age 8-10 ALL RANK SPARRING & POOMSAE	LITTLE WARRIORS 4.45pm-5.30pm KIDS Age 8-10 ALL RANK SPARRING & POOMSAE	LITTLE WARRIORS 4.45pm-5.30pm KIDS Age 8-10 ALL RANK SPARRING & POOMSAE	LITTLE WARRIORS 4.45pm-5.30pm KIDS Age 8-10 ALL RANK SPARRING & POOMSAE	POOM WARRIORS 11.15pm-12pm JNR BLACK BELT & CDB
YOUNG WARRIORS 5.30pm-6.15pm KIDS Age 11-13 ALL RANK SPARRING & POOMSAE	YOUNG WARRIORS 5.30pm-6.15pm KIDS Age 11-13 ALL RANK SPARRING & POOMSAE	YOUNG WARRIORS 5.30pm-6.15pm KIDS Age 11-13 ALL RANK SPARRING & POOMSAE	YOUNG WARRIORS 5.30pm-6.15pm KIDS Age 11-13 ALL RANK SPARRING & POOMSAE	YOUNG WARRIORS 5.30pm-6.15pm KIDS Age 11-13 ALL RANK SPARRING & POOMSAE	TEENS TKD MARTIAL ARTS 12pm-1pm Age 14-16
POOM WARRIORS 6.15pm-7pm JNR BLACK BELT & CDB	CHILDREN Olympic Sparring 6.30pm-7.30pm Age 6-11	POOM WARRIORS 6.15pm-7pm JNR BLACK BELT & CDB	CHILDREN Olympic Sparring 6.30pm-7.30pm Age 6-11	Personal Training 6.15pm-7pm (By Booking) Technique	ADULTS TKD MARTIAL ARTS 1pm-2pm Age 17 & Up
TEENS TKD MARTIAL ARTS 7pm-8pm Age 14-16	TEENS & ADULTS Olympic Sparring 7.30pm-8.30pm Age 12 & up	TEENS TKD MARTIAL ARTS 7pm-8pm Age 14-16	TEENS & ADULTS Olympic Sparring 7.30pm-8.30pm Age 12 & up		BLACK BELT MASTERY 2pm-3pm Technique & Poomsae GRADING PREP
ADULTS TKD MARTIAL ARTS 8pm-9pm Age 17 & Up		ADULTS TKD MARTIAL ARTS 8pm-9pm Age 17 & Up			