



2022 TAEKWONDO TIME TABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10am-10.30am TINY WARRIORS Pre-School Prgram Age 4		10am-10.30am TINY WARRIORS Pre-School Prgram Age 4		9am-9.45am MINI WARRIORS Children (All Ranks) Age 5-7
	10.30am-11.30am MORNING ADULTS Adults age 17 and up All Ranks		10.30am-11.30am MORNING ADULTS Adults age 17 and up All Ranks		9.45am-10.30pm LITTLE WARRIORS Children (All Ranks) Age 8-10
					10.30am-11.15am YOUNG WARRIORS Children (All Ranks) Age 11-13
4pm-4.45pm MINI WARRIORS Children (All Ranks) Age 5-7	4pm-4.45pm MINI WARRIORS Children (All Ranks) Age 5-7	4pm-4.45pm MINI WARRIORS Children (All Ranks) Age 5-7	4pm-4.45pm MINI WARRIORS Children (All Ranks) Age 5-7	4pm-4.45pm MINI WARRIORS Children (All Ranks) Age 5-7	11.15am-12pm POOM WARRIORS Junior Black Belts & CDB Age 14 and under
4.45pm-5.30pm LITTLE WARRIORS Children (All Ranks) Age 8-10	4.45pm-5.30pm LITTLE WARRIORS Children (All Ranks) Age 8-10	4.45pm-5.30pm LITTLE WARRIORS Children (All Ranks) Age 8-10	4.45pm-5.30pm LITTLE WARRIORS Children (All Ranks) Age 8-10	4.45pm-5.30pm LITTLE WARRIORS Children (All Ranks) Age 8-10	12pm-1pm TEENS TAEKWONDO Age 14 -16 All Ranks
5.30pm-6.15pm YOUNG WARRIORS Children (All Ranks) Age 11-13	5.30pm-6.15pm YOUNG WARRIORS Children (All Ranks) Age 11-13	5.30pm-6.15pm YOUNG WARRIORS Children (All Ranks) Age 11-13	5.30pm-6.15pm YOUNG WARRIORS Children (All Ranks) Age 11-13	5.30pm-6.15pm YOUNG WARRIORS Children (All Ranks) Age 11-13	1pm-2pm ADULTS TAEKWONDO Age 18 and up All Ranks
6.15pm-7pm POOM WARRIORS Junior Black Belts & CDB Age 14 and under	6.30pm-7.30pm SPARRING SQUAD 1 OLYMPIC SPARRING Age 8-12	6.15pm-7pm POOM WARRIORS Junior Black Belts & CDB Age 14 and under	6.30pm-7.30pm SPARRING SQUAD 1 YOUTH (Age 8-11) CADET (New)		2pm-3pm POOMSAE SQUAD AND BLACK BELTS Squad memebrs & Black Belts
7pm-8pm TEENS TAEKWONDO Age 14 -16 All Ranks	7.30pm-8.45pm SPARRING SQUAD 2 OLYMPIC SPARRING Age 12 & UP (Selected Cadets)	7pm-8pm TEENS TAEKWONDO Age 14 -16 All Ranks	7.30pm-8.45pm SPARRING SQUAD 2 CADET (Selected) JUNIOR (Age 15-17) SENIORS (Age 17 & up)		3pm-4pm SPARRING SQUAD 1 & 2 OPEN MAT TRAINING or SPARRING CONDITIONING
8pm-9pm ADULTS TAEKWONDO Age 18 and up All Ranks		8pm-9pm ADULTS TAEKWONDO Age 18 and up All Ranks			

SQUAD morning runs will be advised on the Facebook Group