





2024 TAEKWONDO TIME TABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10am-10.30am TINY STAR PRE-SCHOOL TAEKWONDO Age 4	10am-11am TAEKWON - FIT No GRADING. PURE FITNESS ADULT FITNESS	10am-10.30am TINY STAR PRE-SCHOOL TAEKWONDO Age 4		9am-9.45am MINI STAR TAEKWONDO Age 5-7 <i>(ALL RANK)</i>
	10.30pm-11.30pm MORNING CREW TEENS & ADULTS TAEKWONDO		10.30pm-11.30pm MORNING CREW TEENS & ADULTS TAEKWONDO		9.45am-10.30am LITTLE STAR TAEKWONDO Age 8-10 <i>(ALL RANK + CDB + POOM)</i>
4pm-4.45pm MINI STAR TAEKWONDO Age 5-7 <i>(ALL RANK)</i>	4pm-4.45pm MINI STAR TAEKWONDO Age 5-7 <i>(ALL RANK)</i>	Children POOMSAE SPECIFIC 4pm-4.30pm KIBON, TAEGUEK 1 & 2	4pm-4.45pm MINI STAR TAEKWONDO Age 5-7 <i>(ALL RANK)</i>	4pm-4.45pm MINI STAR TAEKWONDO Age 5-7 <i>(ALL RANK)</i>	10.30am-11.15am YOUNG STAR TAEKWONDO Age 11-13 <i>(ALL RANK + CDB + POOM)</i>
		4.30pm-5pm TAEGUEK 3 & 4			
4.45pm-5.30pm LITTLE STAR TAEKWONDO Age 8-10 <i>(ALL RANK + CDB + POOM)</i>	4.45pm-5.30pm LITTLE STAR TAEKWONDO Age 8-10 <i>(ALL RANK + CDB + POOM)</i>	5pm-5.30pm TAEGUEK 5 & 6	4.45pm-5.30pm LITTLE STAR TAEKWONDO Age 8-10 <i>(ALL RANK + CDB + POOM)</i>	4.45pm-5.30pm LITTLE STAR TAEKWONDO Age 8-10 <i>(ALL RANK + CDB + POOM)</i>	11.15am-12pm FAMILY TKD TAEKWONDO <i>(TKD Families)</i>
		5.30pm-6pm TAEGUEK 7 & 8			
5.30pm-6.15pm YOUNG STAR TAEKWONDO Age 11-13 <i>(ALL RANK + CDB + POOM)</i>	5.30pm-6.15pm YOUNG STAR TAEKWONDO Age 11-13 <i>(ALL RANK + CDB + POOM)</i>	6pm-6.30pm KORYO & UP	5.30pm-6.15pm YOUNG STAR TAEKWONDO Age 11-13 <i>(ALL RANK + CDB + POOM)</i>	5.30pm-6.15pm YOUNG STAR TAEKWONDO Age 11-13 <i>(ALL RANK + CDB + POOM)</i>	12pm-1pm TEENS TKD TAEKWONDO Age 14-16
6.30pm-7.30pm TEENS TKD TAEKWONDO Age 14-16	6.30pm-7.30pm OLYMPIC SPARRING CHILDREN'S SPORT TKD Age 6-11 (YOUTH)	6.30pm-7.30pm TEENS TKD TAEKWONDO Age 14-16	6.30pm-7.30pm OLYMPIC SPARRING CHILDREN'S SPARRING Age 6-11	6.30pm onwards PT BOOKINGS	1pm-2pm ADULTS TKD TAEKWONDO Age 17 & up
7.30pm-8.30pm ADULTS TKD TAEKWONDO Age 17 & up	7.30pm-8.30pm OLYMPIC SPARRING TEENS & ADULTS SPORT TKD Age 12 & UP CADET, JUNIOR, SENIOR	7.30pm-8.30pm ADULTS TKD TAEKWONDO Age 17 & up	7.30pm-8.30pm OLYMPIC SPARRING TEENS & ADULTS SPORT TKD Age 12 & UP CADET, JUNIOR, SENIOR		2pm-3pm BLACK BELT MASTERY TEENS & ADULTS
					3pm onwards Reserved for PT Inter-Team Trainings By Announcement Only