



# JOHAN TAEKWONDO INSTITUTE CLASS SCHEDULE

	MON	TUE	WED	THU	FRI		SAT	SUN
10:30		PRIVATE LESSON BY APPOINTMENT				09:00	ALL LEVELS 60 min	TOTS 45 min
11:30		PRIVATE LESSON BY APPOINTMENT				10:00	TOTS 45 min	ALL LEVELS 60 min
LUNCH TIME ☺						11:00	ALL LEVELS 60 min	ALL LEVELS 60 min
15:15		TOTS 45 min	TOTS 45 min	TOTS 45 min	TOTS 45 min	12:00	ALL LEVELS 60 min	ALL LEVELS 60 min
16:00	PRIVATE LESSON BY APPOINTMENT	ALL LEVELS 60 min	ALL LEVELS 60 min	ALL LEVELS 60 min	ALL LEVELS 60 min	LUNCH TIME ☺		
17:00		ALL LEVELS 60 min	ALL LEVELS 60 min	ALL LEVELS 60 min	ALL LEVELS 60 min	13:30	LIGHT SPARRING 60 min	ALL LEVELS 60 min
18:00		COMPETITION TRAINING 90 min	LIGHT SPARRING 60 min	LIGHT SPARRING 60 min	LIGHT SPARRING 60 min	14:30	ALL LEVELS 60 min	FAMILY CLASS 60 min
19:30		ALL LEVELS 90 min	ALL LEVELS 90 min	ALL LEVELS 90 min		15:30	ALL LEVELS 60 min	ALL LEVELS 60 min
						16:30	ALL LEVELS 60 min	COMPETITION TRAINING 90 min
						17:30	SPECIAL TRAINING BY APPOINTMENT	SEMINAR START AT 6PM

TOTS CLASS (3 to 5 years old)
KIDS CLASS (6 to 14 years old)
TEENS + ADULT (15 and above)
PRIVATE
FAMILY CLASS

Website: [www.johantaekwondo.com](http://www.johantaekwondo.com)

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Instagram & Facebook: [johantaekwondo.holland.sg](https://www.instagram.com/johantaekwondo.holland.sg)

Address: BLK 2 Pandan Valley #B1-204 S597626

Phone: +65 6314 0373

Head Instructor: Mr. Cheong Sol KIM

Working hours: Tuesday to Thursday 2:30pm to 9:00pm

Friday 2:30pm to 7:00pm

Weekend 09:00am to 6:00pm

Closed on Monday, Public holiday, STF grading day