



JOHAN TAEKWONDO INSTITUTE CLASS SCHEDULE



WEEKDAYS

WEEKENDS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
2:00	Private lesson By appointment	Private lesson By appointment					9:00	All levels	All levels
							10:00	Tots (50mins)	Tots (50mins)
							11:00	All levels	All levels
3:00		Private lesson By appointment	All levels	Private lesson By appointment	Tots (50 mins)	12:00	All levels	All levels	
4:00		All levels	All levels	All levels	All levels	1:00	Break Time	Break Time	
5:00		All levels	All levels	Tots (50 mins)	All levels	1:30	All levels	Sparring	
6:00		Sparring	JR Sparring	All levels	Sparring	2:30	All levels	All levels	
7:00		Break Time	Break Time	Break Time	Break Time	3:30	JR Sparring	Teens	
7:30		Teens/Adult	Teens/Adult	Teens/Adult	All levels	4:30	Adult	Competition Sparring	
8:30					5:30	POOMSAE			

Website : www.johantaekwondo.com

Email : thomson@johantaekwondo.com

Instagram & Facebook : [johantaekwondo.thomson.jang](https://www.instagram.com/johantaekwondo.thomson.jang)

Address : 200 Upper Thomson Road

#01-06, Thomson Imperial Court

Singapore 574424

Contact No : 6252 3083

Head Instructor : Mr. Jang heejae

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

: Wednesday and Friday 2:30pm to 8:30pm

: Weekend 9:00am to 6:30pm

: **Closed on Public holiday, STF grading day**

Tots : for 3 to 5 years

All levels : for 6 to 12 years

Sparring : Green tip belt and above

Teens/Adult : 13 and above

Competition Team Training

Private lesson : By appointment