



JOHAN TAEKWONDO INSTITUTE CLASS SCHEDULE

	MON	TUE	WED	THU	FRI		SAT	SUN	
	SCHOOL CLOSED	PRIVATE LESSON BY APPOINTMENT				09:00	ALL LEVELS 60 min	TOTS 45 min	
						10:00	TOTS 45 min	ALL LEVELS 60 min	
						11:00	ALL LEVELS 60 min	ALL LEVELS 60 min	
15:15			TOTS 45 min	TOTS 45 min	TOTS 45 min	12:00	ALL LEVELS 60 min	POOM BELT 60 min	
16:00			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	POOMSAE COMPETITION TEAM 60 min
18:00			SPARRING COMPETITION TEAM 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	POOMSAE COMPETITION TEAM 60 min	ALL LEVELS 60 min
						16:30	ALL LEVELS 60 min	SPARRING COMPETITION TEAM 90 min	

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

Email: holland@johantaekwondo.com

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