



# JOHAN TAEKWONDO INSTITUTE CLASS SCHEDULE



WEEKDAYS						WEEKENDS				
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY	
2:00	CLOSED	PRIVATE LESSON BY APPOINTMENT					9:00	ALL LEVELS	9:00	ALL LEVELS
							10:00	TOTS	10:00	TOTS
							11:00	ALL LEVELS	11:00	ALL LEVELS
							12:00	ALL LEVELS	12:00	ALL LEVELS
3:00			TOTS	POOMSAE		BREAK TIME				
4:00		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	BREAK TIME				
5:00		SPARRING	ALL LEVELS	TOTS	SPARRING	1:30	ALL LEVELS	1:30	SPARRING	
6:00		ALL LEVELS	SPARRING	ALL LEVELS	ALL LEVELS	2:30	ALL LEVELS	2:30	ALL LEVELS	
		BREAK TIME						3:30	TEENS/ADULT	
7:30		TEENS/ADULT	TEENS/ADULT	TEENS/ADULT	ALL LEVELS	3:30	JR SPARRING	4:30	COMPETITION SPARRING	
					5:00	POOMSAE				

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

Tots : 3 to 5 years (50 mins)
All levels : 6 to 12 years
Sparring : Green tip belt and above
Teens/Adult : 13 and above
Competition Sparring Team (selected students only)
Poomsae (students who join competitions or selected)
Private lesson : By appointment