



JOHAN TAEKWONDO HOLLAND CLASS SCHEDULE



	MON	TUE	WED	THU	FRI		SAT	SUN	
	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	SPARRING COMPETITION TEAM 90 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	ALL LEVELS 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
19:00				POOMSAE COMPETITION TEAM 60 min			15:30	POOMSAE COMPETITION TEAM 60 min	SEMINAR
19:30			TEENS & ADULTS 90 min		TEENS & ADULTS 90 min		16:30	TEENS & ADULTS 60 min	

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 8044 6881

Head Instructor: Mr. Cheong Sol KIM

Closed on Monday, Public holiday, STF grading day

JOHAN TKD HOLLAND
WhatsApp business account



SCAN FOR MORE ENQUIRE

TOT CALSS (3 years to 5 years)

ALL LEVELS (6 years to 12 years)

TEENS & ADULTS (13 years and above)

LIGHT SPARRING (Yellow belt and above)

SPARRING COMPETITION TEAM
(Selected Students)

POOMSAE COMPETITION TEAM
(Selected students)