



# JOHAN TAEKWONDO INSTITUTE - POTONG PASIR CLASS SCHEDULE

WEEKDAYS						WEEKENDS			ABOUT OUR CLASSES
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
2:30PM	CLOSED	Private lesson by appointment	Private lesson by appointment	Private lesson by appointment	Private lesson by appointment	9:00am	Kids All Levels	Kids All Levels	
3-3:45 PM (45mins)		NO CLASS	Taekwon Tots 45 mins	Taekwon Tots 45 mins	Taekwon Tots 45 mins	10-10:45am (45mins)	Taekwon Tots 45 mins	Taekwon Tots 45 mins	
4:00PM		Kids All Levels	Kids All Levels	Kids All Levels	Kids All Levels	11:00am	Kids All Levels	Kids All Levels	
5:00PM		Kids All Levels	Kids All Levels	Kids All Levels	Kids All Levels	12:00pm	Light Sparring	Light Sparring	
6:00PM		Light Sparring	Light Sparring	Competition Sparring 6:00-7:30pm	Light Sparring	1:45pm	Kids All Levels	Kids All Levels	
7:30-9:00 PM (90mins)		Kids All Levels. 7:30-8:30pm	Teens & Adults All Levels Forms Class	Kids All Levels. 7:30-8:30pm	Teens & Adults All Levels Forms Class	2:45pm	Kids All Levels	Competition Sparring 2:45pm-4:45pm	
						3:45pm	Kids All Levels		
Telephone Number:+65 6530 3488 Whatsapp:+65 9783 0133 Email: potongpasir@johantaekwondo.com Website: <a href="http://www.johantaekwondo.com">www.johantaekwondo.com</a> Facebook: @johantaekwondo.potongpasir Instagram: @johantaekwondo.potongpasir Address:51 Upper Serangoon Rd, The Poiz Centre #03-01 Singapore 347697 Head Instructor:Mr. Dae Ung Yoon "Xavier"				Opening Hours: Tuesday to Friday: 2:30pm to 9:30pm Weekends: 9:00am to 6:30pm Closed on Mondays,Public Holidays, Gradings & Staff Retreat.		4:45pm	Teens & Adults All Levels	Teens & Adults All Levels	
						5:50pm	Workshops & Seminars		

At Johan Taekwondo Institute - Tampines , our classes are carefully designed to cater to the learning & training needs of our students.

Each class is colour-coded to represent a particular category of class that is age, level or program specific:

- Taekwon Tots: For children between the ages of 3 to 5
- T-Kids: Recreational enrichment for children between the ages of 5 and 12. Class are further subcategorised by topic
- Teens & Adult: Martial arts classes for teens & adults. Each class covers a specific area of specialisation.Open for ages 13 and above.
- Competition Sparring Training: By selection
- Competition Poomsae Training: By selection
- Light sparring for kids and teens: Allow students to try out their Taekwondo sparring skills in a safe and controlled environment

### CLASS GUIDELINES

Classes start on time. Please arrive 5 to 10 minutes ahead of your scheduled class, so that you will have time to change into your uniform and prepare for class.

Do remember to bring your uniform, belt and syllabus card. You will not be allowed to participate in class without your uniform.

Children should sit quietly at the designated holding area while waiting for their class to start. Children under age 5 will be accompanied by an instructor while they wait for their class to start.

Latecomers disrupt the flow and conduct of class. If you are late for class, you will only be allowed to join in if the instructor is still conducting the warm-up exercises. Otherwise, you will need to wait until the water break to join in the class.