



JOHAN TAEKWONDO INSTITUTE - SENGKANG 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	<p>At Johan Taekwondo Institute - Sengkang, 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:</p> <ul style="list-style-type: none"> Taekwon Tots: For children between the ages of 3 and 5. T-Kids: Recreational enrichment for children between the ages of 5 and 10. Classes are further subcategorised by topic. Teens & Adults: Martial Arts Classes for teens & adults. Each class covers a specific area of specialisation. Open for ages 13 and above. Competition Team Training: By selection. Light Sparring (tots, kids and teens): allow students to try out their Taekwondo sparring skills in a safe and controlled environment. Demonstration Class integrates performance elements like music pattern, board breaking and acrobatic techniques. By selection. <p style="text-align: center;">CLASS GUIDELINES</p> <p>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.</p> <p>Do remember to bring your uniform, belt and water bottle. You will not be allowed to participate in class without your uniform.</p> <p>Please sit and wait quietly at the designated holding area while waiting for their class to start. Children under the age of 5 will be accompanied by an instructor while they wait for their class to start.</p> <p>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.</p>	
3:15PM - 4:00PM		Competition Poomsae 3:00-4:00PM	Taekwon Tots 3:15-4:00PM	Competition Poomsae 3:00-4:00PM	Taekwon Tots 3:15-4:00PM	Competition Poomsae 3:00-4:00PM	10:00AM	Taekwon Tots		Taekwon Tots
4:00PM		Kids All Levels	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 Light Sparring	Kids All Levels	Kids Light Sparring	Competition Sparring	12:00PM	Kids All Levels		Kids Light Sparring
6:00PM		Kids Light Sparring	Kids All Levels	Kids Light Sparring	Kids All Levels	Competition Sparring	1:30PM	Taekwon Tots		Kids All Levels
7:30PM		Competition Sparring 6:00 - 7:30pm	Teens/Adults All Levels & Forms class 7:30 - 9:00pm	Kids All Levels 7:00 - 8:00pm	Teens/Adults Sparring & Forms class 7:30 - 9:00pm	Competition Sparring	2:30PM	Kids Light Sparring		Teens & Adults All Levels
8.30PM		NO CLASS	NO CLASS	NO CLASS	NO CLASS	NO CLASS	3:30PM	Kids All Levels		Kids All Levels
Telephone Number: +65 6754 9005 Whatsapp: +65 8533 3960 Email: sengkang@johantaekwondo.com Website: www.johantaekwondo.com Facebook: johantaekwondo.sengkang Instagram: johantaekwondo.sengkang Address: 8 Jalan Selaseh, Seletar Hills Estate (S) 808436 Head Instructor: Mr. Kang Jaewan				Opening Hours: Tuesday & Thursday: 2:30pm to 8:00pm Wednesday & Friday: 2:30pm to 9:00pm Weekends: 9:00am to 6:00pm Closed on Mondays, Public Holidays, Gradings & Staff Retreat		4:30PM	Teens & Adults All Levels	Kids Light Sparring		
						5:30PM	Workshops & Seminars			