



CLASS SCHEDULE

ABOUT OUR CLASSES

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

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

- Taekwon Tots:** For children between the ages of 3 and 5
- All Levels:** These classes provide children with higher level instruction and more challenging training. The emphasis of each class is refining their basic skills while learning more advanced skills.
- Adult & Teens:** Martial arts classes for adults. With the approval of the Head Instructor, teens who are 15 and older may also participate in these classes. Each class covers a specific area of specialisation.
- Competition Sparring Training:** By selection
- Competition Poomsae Training:** By selection
- Light Sparring Classes:** Allows students to try out their taekwondo sparring skills in a safe and controlled environment.

WEEKDAYS						WEEKENDS			
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
						9:00 AM	all levels	all levels	
3:15 PM	School Closed	private lesson by appointment	taekwon tots	taekwon tots	private lesson by appointment	10:15 AM	taekwon tots	taekwon tots	
4:00 PM		all levels	all levels	all levels	all levels	11:00 AM	all levels	all levels	
5:00 PM		light sparring (equipment required)	all levels	light sparring (equipment required)	all levels	12:00 PM	all levels	all levels	
6:00 PM		all levels	competition sparring	competition sparring	all levels	competition sparring	1:00 PM	private lesson by appointment	private lesson by appointment
7:00 PM		private lesson by appointment	private lesson by appointment	private lesson by appointment	private lesson by appointment	1:30 PM	light sparring (equipment required)	light sparring (equipment required)	
7:30 PM		adults & teens all levels	competition poomsae	adults & teens all levels	Demo	2:30 PM	all levels	adults all levels & poom belts	
						3:30 PM	all levels	competition sparring	
					4:30 PM	Test Preparation	competition poomsae	Group 1 12 y/o & above Group 2 11 y/o & below	

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Website: www.johantaekwondo.com

Facebook: <https://www.facebook.com/johantaekwondo.serangoon>

Instagram: <https://www.instagram.com/johantaekwondo.serangoon>

Address: 69A Serangoon Garden Way Singapore 555965

Head Instructor: Mr. Dae Ung Yoon Xavier

Operations Manager: Sweden Munoz

Branch Manager: Faezah

OPENING HOURS

Tuesday & Thursday	2:30 pm to 9:00 pm
Wednesday & Friday	2:30 pm to 8:30 pm
Weekends	9:00 am to 5:30 pm

Closed on public holidays, STF gradings and on staff training retreats.



Scan to enquire!

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.