

CLASS SCHEDULE

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 ss that is age, level or program specific:

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 ning 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

Light Sparring Classes: Allows students to try out their taekwondo sparring skills in a safe and controlled environment.

sparring

Group 1 Group 2

above below

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.

						WEEKENDS			Each
WEEKDAYS						TIME	SATURDAY	SUNDAY	clas
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	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	learn
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 compe- tition sparring	competition sparring	all tition sparring	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	
Telephone Number: +65 6288 6993 / WhatsApp: 8123 1537						3:30 PM	all levels	competition	

none Number: +65 6288 6993 / WhatsApp: 8123 153 Email: serangoon@johantaekwondo.com 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

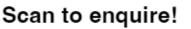
OPENING HOURS

Tuesday & Thursday Wednesday & Friday Weekends

2:30 pm to 9:00 pm 2:30 pm to 8:30 pm 9:00 am to 5:30 pm

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





Test

repara

tion

4:30

PM

compe-

tition

poomsa

WEEKENDS

ABOUT OUR CLASSES

Taekwon Tots: For children between the ages of 3 and 5

Competition Poomsae Training: By selection

CLASS GUIDELINES