



# JOHAN TAEKWONDO INSTITUTE CLASS SCHEDULE



## WEEKDAYS

## WEEKENDS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY	
2:00	<b>CLOSED</b>	<i>PRIVATE LESSON BY APPOINTMENT</i>					9:00	ALL LEVELS	9:00	ALL LEVELS
			TOTS	POOMSAE		10:00	TOTS	10:00	TOTS	
						11:00	ALL LEVELS	11:00	ALL LEVELS	
		3:00				12:00	ALL LEVELS	12:00	ALL LEVELS	
4:00		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	<i>BREAK TIME</i>				
5:00		SPARRING	ALL LEVELS	TOTS	SPARRING	1:30	ALL LEVELS	1:30	SPARRING	
6:00		ALL LEVELS	SPARRING	ALL LEVELS	ALL LEVELS	2:30	ALL LEVELS	2:30	ALL LEVELS	
7:00		BREAK TIME	POOMSAE	<i>BREAK TIME</i>			3:30	JR SPARRING	3:30	TEENS/ADULT
7:30		TEENS/ADULT		TEENS/ADULT	ALL LEVELS	5:00			POOMSAE	4:30

Website : [www.johantaekwondo.com](http://www.johantaekwondo.com)

Email : [thomson@johantaekwondo.com](mailto:thomson@johantaekwondo.com)

Instagram & Facebook : [johantaekwondo.thomson.jang](https://www.instagram.com/johantaekwondo.thomson.jang)

Address : 200 Upper Thomson Road

#01-06, Thomson Imperial Court

Singapore 574424

Contact No : 6252 3083 , 8525 2452 (WhatsApp Only)

\* Closed on Public holiday, STF grading day \*

Tots : 3 to 5 years (50 mins)
All levels : 6 to 12 years
Sparring : Green tip belt and above
Teens/Adult : 13 and above
Competition Sparring Team (selected students only)
Poomsae (students who join competitions or selected)
Private lesson : By appointment