



JOHAN TAEKWONDO INSTITUTE CLASS SCHEDULE



WEEKDAYS						WEEKENDS				
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY	
						9:00	ALL LEVELS	9:00	ALL LEVELS	
						10:00	TOTS	10:00	TOTS	
						11:00	ALL LEVELS	11:00	ALL LEVELS	
3:00	CLOSED	Private lesson			POOMSAE	12:00	ALL LEVELS	12:00	SPARRING	
4:00		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	BREAK TIME				
5:00		TOTS	SPARRING	TOTS	SPARRING	1:30	SPARRING	TOTS	1:30	ALL LEVELS
6:00		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	2:30	ALL LEVELS	2:30	SPARRING	
7:00		TEENS/ADULT	POOMSAE	TEENS/ADULT		3:30	ALL LEVELS	3:30	ALL LEVELS	
						4:30	TEENS/ADULT	4:30	SEMINAR	

Website : www.johantaekwondo.com

Email : toapayoh@johantaekwondo.com

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

Address : 177 Toa Payoh Central #01-168

Singapore 310177

Contact No : 9372 1440

* 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 (1hour 30mins)
Competition Sparring Team (selected students only)
Poomsae (students who join competitions or selected)
Private lesson: By appointment