



JOHAN TAEKWONDO INSTITUTE CLASS SCHEDULE



WEEKDAYS

WEEKENDS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY	
2:00	CLOSED	PRIVATE LESSON BY APPOINTMENT					9:00	KIDS	9:00	KIDS
							10:00	TOTS	10:00	TOTS
							11:00	KIDS	11:00	KIDS
							12:00	KIDS	12:00	KIDS
3:00			TOTS	POOMSAE		BREAK TIME				
4:00		KIDS	KIDS	KIDS	KIDS	BREAK TIME				
5:00		SPARRING	SPARRING	TOTS	SPARRING	1:30	SPARRING	1:30	SPARRING	
6:00		KIDS	KIDS	KIDS	KIDS	2:30	KIDS	2:30	KIDS	
7:00		BREAK TIME					3:30	JR SPARRING	3:30	TEENS/ADULTS
7:30		TEENS/ADULTS	POOMSAE	TEENS/ADULTS	KIDS	4:30			COMPETITION SPARRING	
						5:00	POOMSAE			

Website : www.johantaekwondo.com

Email : 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 : 9175 8059

* Closed on Public holiday, STF grading day *

Tots : 3 to 5 years (50 mins)
Kids : 6 to 12 years
Sparring : Green tip belt and above
Teens/Adult : 13 and above
Competition Sparring
Competition Poomsae
Private lesson : By appointment