



JOHAN TAEKWONDO INSTITUTE CLASS SCHEDULE



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

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

Address : 177 Toa Payoh Central #01-168

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Contact No : 9372 1440

* 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 (1hour 30mins)
Competition Sparring
Competition Poomsae
Private lesson: By appointment