



JOHAN TAEKWONDO INSTITUTE - PUNGGOL CLASS SCHEDULE

WEEKDAYS						WEEKENDS			ABOUT OUR CLASSES
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
10AM-1PM	OPEN SESSION	OPEN SESSION	OPEN SESSION	OPEN SESSION	OPEN SESSION	10:00AM	Kids All Levels	Kids All Levels	
3:15PM		Taekwon Tots	Taekwon Tots	Taekwon Tots	Taekwon Tots	11:00AM	Kids Light Sparring	Kids Light Sparring	
4:00PM		Kids All Levels	Kids All Levels	Kids All Levels	Kids All Levels	12:00PM	Kids All Levels	Kids All Levels	
5:00PM		Kids Light Sparring	Kids Light Sparring	Kids Light Sparring	Kids Light Sparring	1:45PM	Taekwon Tots	Taekwon Tots	
6:00PM		Kids All Levels	Kids All Levels	Kids All Levels	Kids All Levels	2:30PM	Kids Light Sparring	Kids Light Sparring	
7:00PM		Teens & Adults All Levels	Teens & Adults Sparring	Teens & Adults All Levels	Teens & Adults Sparring	3:30PM	Kids All Levels	Kids All Levels	
8:00PM		Private Lesson by Appointment	Private Lesson by Appointment	Private Lesson by Appointment	Private Lesson by Appointment	4:30PM	Teens & Adults All Levels	Teens & Adults Sparring	
9:00PM - 10:00PM		OPEN SESSION	OPEN SESSION	OPEN SESSION	OPEN SESSION	5:30PM	Family Class	Family Class	
Whatsapp: +65 8969 8602 Email: punggol@johantaekwondo.com Website: www.johantaekwondo.com Facebook: johantaekwondo.punggol Instagram: johantaekwondo.punggol Address: Punggol Coast Mall Tower 98, 98 Punggol way, #03-213 (S) 829857 Head Instructor: Mr. Kang Jaewan				Opening Hours Monday : Closed Tuesday to Sunday : 10am to 10pm Public Holidays : Open session		6:30PM - 10:00PM Workshops and Seminar & OPEN SESSION		<p>At Johan Taekwondo Institute - Punggol, our classes are carefully designed to cater to the learning & training needs of our students. Each class is colour-coded to represent a particular category of class that is age, level or program specific:</p> <ul style="list-style-type: none"> Taekwon Tots: For children between the ages of 3 and 5. T-Kids: Recreational enrichment for children between the ages of 5 and 12. Classes are further subcategorized by topic. Teens & Adults: Martial Arts Classes for teens & adults. Each class covers a specific area of specialisation. Open for ages 13 and above. Light Sparring : Allow students to try out their Taekwondo sparring skills in a safe and controlled environment. Family Class : Parents and children can train Taekwondo together in family class Open Session : Self training session in Dojang. For 17 years old and above only. <p style="text-align: center;">CLASS GUIDELINES</p> <p>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.</p> <p>Do remember to bring your uniform, belt and water bottle. You will not be allowed to participate in class without your uniform.</p> <p>Please sit and wait quietly at the designated holding area while waiting for their class to start. Children under the age of 5 will be accompanied by an instructor while they wait for their class to start.</p> <p>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.</p>	