

TIME	MON	TUE	WED	THU	FRI	SAT	SUN			
09:30						TKD 4-8YRS	TKD 4-8YRS			
10:00										
10:30						POOMSAE F WHITE-GRE + M 4-8YRS	POOMSAE F GRE/BLUE+			
11:00										
11:30						COMBAT ARCHERY FEMALES	TKD F 9+ COMP SPARRING			
11:45										
12:00										
12:30										
13:00						TKD F 9+	ARCHERY FEMALES			
13:30										
14:00										
14:30						TKD M 9+	TKD M 9+ COMP SPARRING			
15:00										
15:30						POOMSAE M WHITE-GRE	POOMSAE M GRE/BLUE+			
16:00										
16:30						GRAPP- LING	ARCHERY MALES			
17:00										
17:30		CIRCUITS/ BOXERCISE F 7+								
18:00							ARCHERY MALES			
18:15	TKD 4-8YRS		TKD 4-8YRS	ARCHERY FEMALES						
18:30		ARCHERY FEMALES				BOXERCISE M 9+				
19:00										
19:30	TKD M 9+		TKD M 9+		SELF DEFENSE F 16+	GAMES M 7+				
19:45										
20:00		TKD F 9+					TKD F 9+			
20:30										
20:45										
21:00		GAMES F9+								
21:30										
22:00										

**Pre booking is required 24hrs  
prior to sessions in RED**

**TKD** = Taekwondo, **GAMES** = Sport Games/Recreational Activities, **POOMSAE** = Traditional Taekwondo for Belt Promotions, **COMBAT ARCHERY** = Shooting Foam Arrows at Each Other  
**M** = Males, **F** = Females  
**9+** = Aged 9 Years and above including Adults