

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							TKD F 9+ COMP SPARRING	
11:45								
12:00								
12:30						TKD F 9+		
13:00								
13:30								
14:00						TKD M 9+	TKD M 9+ COMP SPARRING	
14:30								
15:00								
15:30						POOMSAE M WHITE-GRE	POOMSAE M GRE/BLUE+	
16:00								
16:30								
17:00								
17:30								
18:00								
18:15	TKD 4-8YRS		TKD 4-8YRS					
18:30								
19:00								
19:30	TKD M 9+		TKD M 9+					
19:45								
20:00		TKD F 9+			TKD F 9+			
20:30								
20:45								
21:00								
21:30								
22:00								

**TKD** = Taekwondo, **POOMSAE** = Traditional Taekwondo for Belt Promotions

**M** = Males, **F** = Females

**9+** = Aged 9 Years and above including Adults