



TERM 3, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE TAEK'S 4.00-4.30 Beginners White belts	JUNIORS 4.30-5.15 Blue 3+Red 1 Pro. Red	LITTLE TAEK'S 4.00-4.30 Beginners White belts	MANIACS 4.00-4.45 (S1) Sparring class	LITTLE TAEK'S 4.00-4.30 Beginners White belts	TECHNICAL 9.15-10.00 (T1) Technical class
LITTLE TAEK'S 4.15-4.45 Orange Yellow belts	JUNIORS 5.15-6.00 Red 2/3/4/5/6	LITTLE TAEK'S 4.15-4.45 Orange Yellow belts	MANIACS 4.30-5.15 (S2) Sparring class	LITTLE TAEK'S 4.15-4.45 Orange Yellow belts	TECHNICAL 9.45-10.30 (T2) Technical class
JUNIORS 4.45-5.30 Pro. black belts Cho Dan Bo	INTERS 6.00-6.45 Black belts	JUNIORS 4.45-5.30 Beginners Yellow 1	JUNIORS 5.15-6.00 Red 2/3/4/5/6	JUNIORS 4.45-5.30 Beginners Yellow 1	MANIACS 10.30-11.15 (S1) Sparring class
JUNIORS 5.30-6.15 Black belts 1 st /2 nd /3 rd pum	ADULT 6.45-7.45 Blue 1+2+3	JUNIORS 5.15-6.00 Yellow 2 + 3 Pro. blue	JUNIORS 6.00-6.45 Pro. black belts Cho Dan Bo	JUNIORS 5.15-6.00 Yellow 2 + 3 Pro. blue	MANIACS 11.00-11.45 (S2) Sparring class
ADULT 6.30-7.30 Red 2/3/4/5/6 Cho dan bo	ADULT 7.45-9.00 Elite sparring	JUNIORS 5.45-6.30 Blue 1 + 2	JUNIORS 6.30-7.15 Black belts 1 st /2 nd /3 rd pum	JUNIORS 5.45-6.30 Blue 1 + 2	MANIACS 11.30-12.15 (S3) Sparring class
ADULT 7.30-8.30 Black belts		ADULT 6.30-7.30 Beginners Yellow 1+2+3	MANIACS 7.15-8.00 (S3 & S4) Sparring class	JUNIORS 6.15-7.00 Blue 3+Red 1 Pro. Red	MANIACS 12.00-12.45 (S4) Sparring class
		ADULT 7.30-8.30 Black belts	Timetable menu *Little Taek's 5-7 years *Juniors 8-12 years *Adult 13 years +		S & C 1.00-2.00 Strength & Conditioning class

Bookings are essential as class sizes are limited. 2019 timetable is subject to change.

Skills for Life