



IL JIN TAEKWONDO TIMETABLE

| | MON | TUE | WED | THUR | FRI |
|-----|--|--------------|----------|--------------|----------|
| 6AM | C L O S E D | | | | |
| 7AM | | | | | |
| 3PM | | JUNIOR TOTS | TOTS | JUNIOR TOTS | TOTS |
| 4PM | | KIDS | KIDS | KIDS | KIDS |
| 5PM | | SPARRING | SPARRING | SPARRING | SPARRING |
| 6PM | | ALL | ALL | ALL | ALL |
| 7PM | | TEENS/ADULTS | | TEENS/ADULTS | |
| 8PM | | SPARRING | | SPARRING | |

| | SAT | SUN |
|------|--------------|--------------|
| 10AM | JUNIOR TOTS | TOTS |
| 11AM | JUNIOR TOTS | KIDS |
| 12PM | SPARRING | SPARRING |
| 1PM | ALL | ALL |
| 2PM | SPARRING | SPARRING |
| 3PM | FAMILY CLASS | BREAK TIME |
| 4PM | COMPETITION | FAMILY CLASS |
| 5PM | TEENS/ADULTS | SPARRING |
| 6PM | SPARRING | |

JUNIOR TOTS: 3-4yrs (50min)

TOTS : 5-6yrs (50min)

KIDS : 7-12yrs (1hr)

ALL : 3-12yrs (1hr)

TEENS/ADULTS : 13-Above (1hr)

COMPETITION : COMPETITION STUDENTS ONLY (2hr)