



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	KIDS	KIDS
12PM	SPARRING	SPARRING
1PM	ALL	ALL
2PM	SPARRING	SPARRING
3PM	COMPETITION	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)