



IL JIN TAEKWONDO TIMETABLE (Sixth Avenue)

	MON	TUE	WED	THUR	FRI		SAT	SUN
1PM	OFF	PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	10AM	JUNIOR TOTS	TOTS
2PM		PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	11AM	JUNIOR TOTS	KIDS
3PM		JUNIOR TOTS	TOTS	JUNIOR TOTS	TOTS	12PM	TOTS	SPARRING
4PM		KIDS	KIDS	KIDS	KIDS	1PM	KIDS	ALL
5PM		SPARRING	SPARRING	SPARRING	SPARRING	2PM	SPARRING	SPARRING
6PM		COMPETITION	ALL	COMPETITION	ALL	3PM	BLACK BELT	TEENS/ADULTS
7PM		TEENS/ADULTS	PRIVATE LESSON	TEENS/ADULTS	PRIVATE LESSON	4PM	COMPETITION	SPARRING
8PM		SPARRING	PRIVATE LESSON	SPARRING	PRIVATE LESSON	5PM	TEENS/ADULTS	
							6PM	SPARRING

JUNIOR TOTS: 3 to 4yrs (50mins)

TOTS: 5 to 6yrs (50mins)

KIDS: 7 to 12yrs (1hour)

ALL : 3 to 12yrs (1hour)

TEENS/ADULTS: 13yrs and above (1hour)

COMPETITION : By invitation only