

MON	4:30pm - Minor 1	5:10pm - Minor 2	5:50pm - Cadet	6:35pm - Red Cadet	7:20pm - Senior Team Energy	8:10pm - Boot Camp			
TUES	4:30 pm - Little Dragons	5.00pm – Minor 1	5.40pm - Minor 2 5.40pm – Cadet	6.25 pm - Teen	7:15pm - Adult	8.05pm Seasonal Program			
WED	4:30pm - Minor 1	5:10pm - Minor 2 5:10pm - Cadet	5.50pm - Red Cadet	6.35pm - Senior Team Energy	7.20pm Senior Athlete Program	8:10pm - Boot Camp			
THURS	4:30pm - Minor 1	5:10pm - Minor 2	5:50pm - Red Cadet	6.35pm Dev Athlete Program	7:25pm - Teen	8:15pm - Adult			
SAT	7.00am - Boot Camp	8.00am Senior Athlete Program	9:30am - Little Dragons	10am - Little Dragons	10:30am - Minor 1	11:10am - Minor 2	11:50am - Minor 2/Cadet	12:40pm - Red Cadet	1.30 pm - BLACK BELT PREP 1.30 pm - POOMSAE



**TEAM TAEKWONDO
& GROUP FITNESS
TIMETABLE
Effective
30th July 2018**