

Woo Yong's Taekwondo Timetable

From 5th July

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
9:00							9:00
10:00		All belt Adult (10:00~10:50)		All belt Adult (10:00~10:50)			10:00
11:00						Poomsae (White ~ Green belt) (10:30 ~ 11:10)	11:00
12:00						HP Poomsae (Blue belt up) (11:30 ~ 12:10)	12:00
13:00						Pro-elite Training (12:30 ~ 14:00)	13:00
14:00							14:00
15:00							15:00
16:00							16:00
17:00	Children Beginner (17:00 ~ 17:40)	Children Mixed belt (17:00 ~ 17:40)	Beginner Sparring (17:00 ~ 17:40)	Children Mixed belt (17:00 ~ 17:40)			17:00
18:00	Children Intermediate (18:00 ~ 18:40)	High Performance (18:00 ~ 18:40)	Advanced Sparring (18:00 ~ 18:40)	High Performance (18:00 ~ 18:40)			18:00
19:00		All belt Adult (19:00 ~ 19:50)		All belt Adult (19:00 ~ 19:50)			19:00
20:00							20:00