

TOTAL TAEKWONDO SUMMER 2011 TIMETABLE

138 Pleasant Avenue South Plympton SA 5038
 Email: dangvn@adam.com.au or call Dang on 0414468533
 Valid from Monday 4th July 2011

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Time	Class Type	Time	Class Type	Time	Class Type	Time	Class Type	Time	Class Type	Time	Class Type
										9.00– 9.45	Kids Class
										10.00- 11.00	Junior Class All Belts
										11.15 12.15	Seniors all belts & Junior red/black
										12.15- 1.15	Junior & Senior Competition Class
		4.15 – 5.00	Kids Class			4.15 – 5.00	Kids Class				
		5.00 - 6.00	Junior Class All Belts			5.00 - 6.00	Junior Class All Belts	5.00- 6.00	Junior Poomsae Up to Blue Belts		
6.30- 7.30	Beginners & Intermediate MMA 14yrs+	6.15 - 7.15	Seniors all belts & Junior red/black	6.00- 7.00	Zumba	6.15 - 7.15	Seniors all belts & Junior red/black	6.00- 7.00	Senior Poomsae Inc Jnr Red/Black		
		7.15- 8.15	Selected Junior & Senior Competition Class			7.15- 8.15	Junior & Senior Sports/ Competition Class ****				

*** Adults: 14 years and above

*** Juniors: 7 – 13 years

*** Kids: 4 – 6 years

**** Thursday 7.15-8.15 Class open to Seniors wanting to train in Sports Taekwondo****

****Please note MMA Classes have minimum age of 14yrs