



TIMETABLE SUNSHINE

School Holidays June—July, 2010

178 Duke Street,
Sunshine North, VIC 3020
Phone: 9312 3011

Email:
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Please speak to us if the recommended timeslot is difficult for you—there is flexibility to accommodate your needs.
DIVIDED TIMESLOTS INDICATE SEPARATE TRAINING HALLS.
Please try & arrive ahead of schedule to warm-up & stretch in one of the free halls.

Other Hall's TKD Centres:
Brunswick/Ess: 9383.5811
Heidelberg: 9459.3422
Tullamarine: 9330.0032



START TIME	MON	TUE	WED	THU	FRI	SAT
	<p>Also for the kids: DAY CAMP for Members &/or Friends : Extra charge \$35 per day, 8:30am -3:30pm See Newsletter or log on to: <i>Events:gohalls.com.au</i></p> <ul style="list-style-type: none"> Tues 6th July at Sunshine Wed 7th July at Tullamarine Thurs 8th July at Brunswick/Essendon 					9:00 - 9:35AM LITTLE NINJAS ALL LEVELS
						9:40-10:10AM JOEYS TAEKWONDO (3-4YRS) WITH PARENTS
3:55 - 4:30 PM	LITTLE NINJAS PIII, GI AND ABOVE	LITTLE NINJAS NEW BEGINNER, PI, PII	LITTLE NINJAS PIII, GI AND ABOVE 4.00-4.30 JOEYS TAEKWONDO (3-4YRS) WITH PARENTS	LITTLE NINJAS NEW BEGINNER, PI, PII		10:15-11:05AM COMMS & LEADERS CHO DAN 10:15-11:15AM SENIOR ALL LEVELS FITNESS CLASS
4:30 - 5:15 PM	COMMANDOS BLUE & RED BELTS	COMMANDOS YELLOW II, III	COMMANDOS BLUE & RED BELTS	COMMANDOS YELLOW II, III		11:15-12:00PM COMMANDOS YELLOW II, III BLUE I,II,III RED I,II,III
5:25 - 6:15PM	LEADERS BLUE III, RED BELTS COMMS & LEADERS CHO DAN BO, CHO DAN	COMM/LEADERS NEW BEGINNER, YELLOW BELT I	LEADERS BLUE III, RED BELTS COMMS & LEADERS CHO DAN BO, CHO DAN	COMM/LEADERS NEW BEGINNER, YELLOW BELT I 5.15-5.50PM LITTLE NINJAS ALL LEVELS		12:25-1:15 PM LEADERS ALL COLOURED BELT LEVELS
6:15 - 7:15 PM	SPARRING	6.15-7.05PM LEADERS YELLOW II, III, BLUE I, II	POOMSAE PERFECT	6.15-7.05PM LEADERS YELLOW II, III, BLUE I, II SPORTS COLOURED BELTS		1:15-2:05PM COMM/LEADERS NEW BEGINNER, YELLOW BELT I
7:15 - 8:15 PM	SPORTS COLOURED BELTS SPORTS CHO DAN BO & CHO DAN	SPORTS NEW BEGINNER WHITE BELTS	SPORTS COLOURED BELTS SPORTS CHO DAN BO & CHO DAN	SPORTS NEW BEGINNER WHITE BELTS		2:05-3:05PM SPARRING—JNR & SNR ALL BELT LEVELS INTRO, DEVEL'T & ELITE SPARRING With ZORAN BUGARSKI