

| START TIME | MON | TUE | WED | THU | FRI | SAT |
|------------------|--|--|---|---|--|---|
| | | | | | | 9:00-9.45 AM LITTLE NINJAS COLOURED BELTS |
| | DAYTIME AVAILABLE FOR CORPORATE OR SCHOOL BOOKINGS | DAYTIME AVAILABLE FOR CORPORATE OR SCHOOL BOOKINGS | DAYTIME AVAILABLE FOR CORPORATE OR SCHOOL BOOKINGS | DAYTIME AVAILABLE FOR CORPORATE OR SCHOOL BOOKINGS | | 9.45 – 10.30 AM LITTLE NINJAS WHITE BELTS, PURPLE 1 9.45– 10:20 AM JOEYS TAEKWONDO (3-4 YRS) WITH PARENTS |
| 3.55 - 4.30PM | LITTLE NINJAS GREEN 1, 11, 111 ORANGE 1, 11, 111 BROWN LITTLE NINJAS NEW BEGINNERS | LITTLE NINJAS PURPLE 1, 11, 111 | LITTLE NINJAS ALL BELT LEVELS LITTLE NINJAS NEW BEGINNERS | 4.00-4.45 COMM/LEADERS NEW BEGINNERS COMMANDOS YELLOW 1 | | 10.30-11.20AM COMM / LEADER NEW BEGINNERS YELLOW 1 COMM ALL COLOUR BELT LEVELS 7 YEARS OLD |
| 4:30- 5.20 PM | COMMANDOS RED BELTS 111 CHO DAN BO COMMANDOS YELLOW 11 | COMMANDOS YELLOW 111, BLUE 1 4.30-5.15 COMM/LEADERS NEW BEGINNERS | COMMANDOS BLUE 11, 111 RED 1, 11 COMMANDO YELLOW 11 | 4.45-5.30 COMMANDOS RED BELTS 111 CHO DAN BO 4.45-5.20 LITTLE NINJAS ALL LEVELS | COMMANDOS YELLOW 111 BLUE 1, 11 | 11.30-12.20PM COMMANDOS YELLOW 11, 111 11.45- 12.15PM JOEYS TAEKWONDO (3-4 YRS) WITH PARENTS |
| 5:30- 6.20 PM | COMMANDOS (9-11) BLACK BELTS INCL MIXED MARTIAL ARTS COMMANDO ALL BELT LEVELS 7 YEARS OLDS | COMMANDO YELLOW 111 LEADERS COLOURED BELTS YELLOW 11 TO CHO DAN BO | 5.30-6.45PM DEMO TEAM TRAINING WITH TRENT HANLON | COMMANDO YELLOW 111 LEADERS COLOURED BELTS YELLOW 11 TO CHO DAN BO | COMMANDOS YELLOW 11 BLUE 11, 111 RED 1, 11, 111 | 12.30-1.20 PM COMMANDOS BLUE1, 11, 111 RED 1, 11, 111 |
| 6:30- 7.30 PM | LEADERS (12-14) BLACK BELTS MIXED MARTIAL ARTS POOMSAE ALL LEVELS, ALLCLUBS SPORTSYSTEMS CERTIFICATE IV & DIPLOMA | LEADERS AND SPORTS NEW BEGINNERS WHITE BELTS SPORTS YELLOW 11 TO CHO DAN BO | COMMANDO LEADERS BLACK BELTS incl MIXED MARTIAL ARTS 6.30PM POOMSAE PERFECT TRAINING AT SUNSHINE CLUB 6.45PM SPORTSYSTEMS CERTIFICATES II & III | LEADERS/SPORTS NEW BEGINNERS WHITE BELTS SPORTS YELLOW 11 TO CHO DAN BO | | 1.30-2.30 LEADER COLOURED BELTS Y11 TO R111 COMM LEADER BALCK BELTS |
| 7:30- 8.30 PM | SPORTS BLACK BELTS ALL LEVELS | COMMANDOS/ LEADERS/SPORTS ALL BELTS SPARRING | SPORTS BLACK BELTS ALL LEVELS | COMMANDOS/LEADERS/SPORTS ALL BELTS ELITE AND INTRO TO SPARRING | | 1.00-2.15 PM CHO DAN BO GRADING PREPARATION WITH MARTIN HALL AT TULLAMARINE |
| 8:15- 9.15 PM | SPORTS YELLOW 11, 111, BLUE 1,11, 111 RED BELTS 1, 11, 111 CHO DAN BO | | SPORTS YELLOW 11 111, BLUE 1, 11, 111 RED BELTS 1, 11, 111 CHO DAN BO | | | 2:30-3:45 PM SPARRING ALL BELT LEVELS- ALL CLUBS AT BRUNSWICK |



**TIMETABLE
BRUNSWICK/
ESSENDON
Term 3
12 JULY, 2010**

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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:
Heidelberg: 9459.3422
Tullamarine: 9330.0032
Sunshine: 9312.3011

