



TIMETABLE SUNSHINE

**Term 3
12th July, 2010**

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

Email:
info@hallstaekwondo.com.au

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/Essn: 9383.5811
Heidelberg: 9459.3422
Tullamarine: 9330.0032



START TIME	MON	TUE	WED	THU	FRI	SAT
	DAY TME AVAILABLE FOR SCHOOL OR CORPORATE BOOKINGS	DAY TME AVAILABLE FOR SCHOOL OR CORPORATE BOOKINGS	DAY TME AVAILABLE FOR SCHOOL OR CORPORATE BOOKINGS	DAY TME AVAILABLE FOR SCHOOL OR CORPORATE BOOKINGS		9:00 - 9:35AM LITTLE NINJAS ALL LEVELS
		2:15—2:45 PM JOEYS TAEKWONDO (3-4YRS) WITH PARENTS				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 CERTIFICATE TRAINING WITH LEANNE WHITEROAD	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 1.10-2.15PM CHO DAN BO WITH MARTIN HALL AT TULLAMARINE
6:15 - 7:15 PM	SPARRING	6.15-7.05PM LEADERS YELLOW II, III, BLUE I, II SPORTSYSTEMS CERTIFIED TRAINING WITH LEANNE WHITEROAD	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, DEVELEPMENT & ELITE SPARRING With ZORAN BUGARSKI