

# MELBOURNE TAEKWONDO CENTRE KNOX TIMETABLE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
	<b>WOMENS TKD</b> Women only All Levels 9.15 – 10.15 am			<b>BIRTHDAY PARTIES</b> Bookings Essential	
<b>GLADIATORS</b> 4 – 7 years Beginner & White Orange 4.00 – 4.30pm	<b>GLADIATORS</b> 4 – 7 years Beginner & White Orange 4.00 – 4.30pm	<b>GLADIATORS</b> 4 – 7 years Beginner & White Orange 4.00 – 4.30pm			<b>PERSONAL TRAINING</b> Bookings Essential
<b>JUNIOR</b> 8 – 14 years Beginner & White All Yellow 4.30 – 5.15pm	<b>JUNIOR</b> 8 – 14 years Beginner & White All Yellow 4.30 – 5.15pm	<b>JUNIOR</b> 8 – 14 years Beginner & White All Yellow 4.30 – 5.15pm			
<b>JUNIOR</b> All Blue 5.15 – 6.00pm	<b>JUNIOR</b> All Blue 5.15 – 6.00pm	<b>JUNIOR</b> All Blue 5.15 – 6.00pm	<b>SPARRING (S1)</b> Blue Red Black Junior 5.00 – 6.00pm		
<b>JUNIOR</b> All Red All Black 6.00 – 6.45pm	<b>JUNIOR</b> All Red All Black 6.00 – 6.45pm	<b>JUNIOR</b> All Red All Black 6.00 – 6.45pm	<b>SPARRING (S2)</b> Blue Red Black Junior & Senior 6.00 – 7.00pm		
<b>ADULT</b> All Levels 15+ Years 6.45 – 7.45pm	<b>Adv Black Belt</b> Red & Black 14+ Years 6.45pm – 7.45pm	<b>ADULT</b> All Levels 15+ Years 6.45 – 7.45pm			

GLADIATORS	JUNIOR	ADULT	WOMENS	BLACK BELT	SPARRING
4-7 years	8-14 years	15+ Years	Female only	Advanced	All Levels
Taekwondo	Taekwondo	Taekwondo	Taekwondo	Taekwondo	Sport Program
30 min class	45 min class	1 hour class	1 hour class	1 hour	1 hour