



KNOX TIMETABLE TERM 4 2018

Monday	Tuesday	Wednesday	Thursday	Saturday
	9.15 – 10.15 am Women's Only Taekwondo All Levels			
4.00 – 4.30pm Beginner Gladiator Class 4 – 7 years Beginner, White, Orange Belts	4.00 – 4.30pm Beginner Gladiator Class 4 – 7 years Beginner, White, Orange Belts	4.00 – 4.30pm Beginner Gladiator Class 4 – 7 years Beginner, White, Orange Belts	4.00 – 4.45pm Beginner Gladiator & Junior 5 – 14 years Beginner, White, Orange, Yellow Mixed aged class	Birthday Parties Bookings Essential
4.30 – 5.15pm Beginner & Intermediate Junior 8 – 14 years Beginner, White & Yellow Belts	4.30 – 5.15pm Beginner & Intermediate Junior 8 – 14 years Beginner, White & Yellow Belts	4.30 – 5.15pm Beginner & Intermediate Junior 8 – 14 years Beginner, White & Yellow Belts	4.45 – 5.30pm Intermediate Sparring (S1) 8 – 12 years Blue Red Black	Private Lessons Bookings Essential
5.15 – 6.00pm Intermediate Class Junior 8 – 14 years All Blue Belts	5.15 – 6.00pm Intermediate Class Junior 8 – 14 years All Blue Belts	5.15 – 6.00pm Intermediate Class Junior 8 – 14 years All Blue Belts	5.30 – 6.30pm Advanced Sparring (S2) 13 years + Blue Red Black	
6.00 – 6.45pm Advanced Class Junior 8 – 14 years All Red and Black Belts	6.00 – 6.45pm Advanced Class Junior 8 – 14 years All Red and Black Belts	6.00 – 6.45pm Advanced Class Junior 8 – 14 years All Red and Black Belts		
6.45 – 7.45pm Advanced Sparring (S2) 13 years + Red Black	6.45 – 7.45pm Adult technical Class 15 years + All levels	6.45 – 7.30pm Black Belt Club Junior 8 -16 years All probationary, black and pums	s	
7.45 – 8.45pm Adult Taekwondo Fitness class 15 years + All Levels				