MUSA TAEKWONDO

2021 TAEKWONDO TIME TABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10am-10.30am ***TINY WARRIORS*** Pre-School Prgram Age 4		**10am-10.30am** ***TINY WARRIORS*** Pre-School Prgram Age 4		**7pm-8pm** ***SQUAD S&C & FITNESS*** * Program Option 1
	10.30am-11.30am ***MORNING ADULTS*** Adults age 17 and up All Ranks		**10.30am-11.30am** ***MORNING ADULTS*** Adults age 17 and up All Ranks		**9am-9.45am** ***MINI WARRIORS*** Children (All Ranks) Age 5-7
4pm-4.45pm ***MINI WARRIORS*** Children (All Ranks) Age 5-7	**4pm-4.45pm** ***MINI WARRIORS*** Children (All Ranks) Age 5-7	**4pm-4.45pm** ***MINI WARRIORS*** Children (All Ranks) Age 5-7	**4pm-4.45pm** ***MINI WARRIORS*** Children (All Ranks) Age 5-7	**4pm-4.45pm** ***MINI WARRIORS*** Children (All Ranks) Age 5-7	**9.45am-10.30pm** ***LITTLE WARRIORS*** Children (All Ranks) Age 8-10
4.45pm-5.30pm ***LITTLE WARRIORS*** Children (All Ranks) Age 8-10	**4.45pm-5.30pm** ***LITTLE WARRIORS*** Children (All Ranks) Age 8-10	**4.45pm-5.30pm** ***LITTLE WARRIORS*** Children (All Ranks) Age 8-10	**4.45pm-5.30pm** ***LITTLE WARRIORS*** Children (All Ranks) Age 8-10	**4.45pm-5.30pm** ***LITTLE WARRIORS*** Children (All Ranks) Age 8-10	**10.30am-11.15am** ***YOUNG WARRIORS*** Children (All Ranks) Age 11-13
5.30pm-6.15pm ***YOUNG WARRIORS*** Children (All Ranks) Age 11-13	**5.30pm-6.15pm** ***YOUNG WARRIORS*** Children (All Ranks) Age 11-13	**5.30pm-6.15pm** ***YOUNG WARRIORS*** Children (All Ranks) Age 11-13	**5.30pm-6.15pm** ***YOUNG WARRIORS*** Children (All Ranks) Age 11-13	**5.30pm-6.15pm** ***YOUNG WARRIORS*** Children (All Ranks) Age 11-13	**11.15am-12pm** ***POOM WARRIORS*** Junior Black Belts & CDB Age 14 and under
6.15pm-7pm ***POOM WARRIORS*** Junior Black Belts & CDB Age 14 and under	**6.15pm-7pm** ***MUSA SQUAD*** OLYMPIC SPARRING YOUTH (Age 8-11)	**6.15pm-7pm** ***POOM WARRIORS*** Junior Black Belts & CDB Age 14 and under	**6.15pm-7pm** ***MUSA SQUAD*** OLYMPIC SPARRING YOUTH (Age 8-11)		**12pm-1pm** ***TEENS TAEKWONDO*** Age 14 -16 All Ranks
7pm-8pm ***TEENS TAEKWONDO*** Age 14 -16 All Ranks	**7pm-8pm** ***MUSA SQUAD*** OLYMPIC SPARRING CADETS (Age 12-14)	**7pm-8pm** ***TEENS TAEKWONDO*** Age 14 -16 All Ranks	**7pm-8pm** ***MUSA SQUAD*** OLYMPIC SPARRING CADETS (Age 12-14)		**1pm-2pm** ***ADULTS TAEKWONDO*** Age 18 and up All Ranks
8pm-9pm ***ADULTS TAEKWONDO*** Age 18 and up All Ranks	**8pm-9pm** ***MUSA SQUAD*** OLYMPIC SPARRING JUNIORS & SENIORS (Age 15 up)	**8pm-9pm** ***ADULTS TAEKWONDO*** Age 18 and up All Ranks	**8pm-9pm** ***MUSA SQUAD*** OLYMPIC SPARRING JUNIORS & SENIORS (Age 15 up)		**2pm-3pm** ***SQUAD*** ***POOMSAE DEVELOPMENT*** **Black Belts & Squad Members**
					3pm-4.30pm ***SQUAD SPARRING*** * Program Option 2

*** We will alternate Option 1 & 2 depends on weather and targeted tournaments. Check Squad FB group**