

MUSA TAEKWONDO TRAINING TIME TABLE (POST LOCKDOWN FACE-TO-FACE STAGE 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10am-10.30pm TINY WARRIORS (Pre-School TKD) Age 4		10am-10.30pm TINY WARRIORS (Pre-School TKD) Age 4		9am-9.45am MINI WARRIORS (Children TKD) Age 5-7
	10.30pm-11.30pm MORNING TKD (Teens & Adults TKD) Age 14 and up		10.30pm-11.30pm MORNING TKD (Teens & Adults TKD) Age 14 and up		9.45am-10.30am LITTLE WARRIORS (Children TKD) Age 8-10
4pm-4.45pm MINI WARRIORS (Children TKD) Age 5-7	4pm-4.45pm MINI WARRIORS (Children TKD) Age 5-7	4pm-4.45pm MINI WARRIORS (Children TKD) Age 5-7	4pm-4.45pm MINI WARRIORS (Children TKD) Age 5-7	4pm-4.45pm MINI WARRIORS (Children TKD) Age 5-7	10.30am-11.15am YOUNG WARRIORS (Children TKD) Age 11-13
4.45pm-5.30pm LITTLE WARRIORS (Children TKD) Age 8-10	4.45pm-5.30pm LITTLE WARRIORS (Children TKD) Age 8-10	4.45pm-5.30pm LITTLE WARRIORS (Children TKD) Age 8-10	4.45pm-5.30pm LITTLE WARRIORS (Children TKD) Age 8-10	4.45pm-5.30pm LITTLE WARRIORS (Children TKD) Age 8-10	11.15am-12pm POOM WARRIORS CDB & Jnr Black Belt Age 14 and below
5.30pm-6.15pm YOUNG WARRIORS (Children TKD) Age 11-13	5.30pm-6.15pm YOUNG WARRIORS (Children TKD) Age 11-13	5.30pm-6.15pm YOUNG WARRIORS (Children TKD) Age 11-13	5.30pm-6.15pm YOUNG WARRIORS (Children TKD) Age 11-13	5.30pm-6.15pm YOUNG WARRIORS (Children TKD) Age 11-13	12pm-1pm TEENS GROUP Taekwondo Age 14-15
6.15pm-7pm POOM WARRIORS CDB & Jnr Black Belt Age 14 and below	6.15pm-7.30pm OLYMPIC SPORT SQUAD B New Cadets & Minors	6.15pm-7pm POOM WARRIORS CDB & Jnr Black Belt Age 14 and below	6.15pm-7.30pm OLYMPIC SPORT SQUAD B New Cadets & Minors		1pm-2pm ADULT GROUP Taekwondo Age 16 and up
7pm-8pm TEENS GROUP Taekwondo Age 14-15	7.30pm-9pm OLYMPIC SPORT SQUAD A Cadets, Jnrs, Snrs	7pm-8pm TEENS GROUP Taekwondo Age 14-15	7.30pm-9pm OLYMPIC SPORT SQUAD A Cadets, Jnrs, Snrs		2pm-3pm SPLIT CLASS: 1. SPORT POOMSAE Competitors only 2. BLACK BELT POOMSAE Dan holde age 15 and up
8pm-9pm ADULT GROUP Taekwondo Age 16 and up		8pm-9pm ADULT GROUP Taekwondo Age 16 and up			3pm-4pm OLYMPIC SPORT OPEN MAT SPARRING All Squads (See notices)

* Please note that teens and adults class may split at a later stage once everyone returns from lockdown