



TOP TAEKWONDO ACADEMY (**TOA PAYOH**)

	MON	TUE	WED	THU	FRI	SAT	SUN
9:00						PATTERN	
10:00						JUNIOR/KID	
11:00						JUNIOR/KID	
2:00						SPARRING	POOM BELT
3:00						POOM BELT	SPARRING
4:00				SPARRING	JUNIOR/KID	SPARRING	JUNIOR/KID
5:00	SPARRING	JUNIOR/KID	JUNIOR/KID	JUNIOR/KID	JESSIN	JUNIOR/KID	JUNIOR/KID
6:00	JUNIOR/KID	JUNIOR/KID	JUNIOR/KID	JUNIOR/KID	SPARRING		
7:00	SPARRING	TEEN/ADULT (7:30)	TEEN (7:30)	TEEN/ADULT (7:30)	KID/TEEN		

JUNIOR	4-6 YEARS 55 MINS	KID	7-12 YEARS 55 MINS
SPARRING	Green belt & above	TEEN	13+ YEARS 60 MINS
PATTERN	For those who are preparing Poom/Dan test or competition. 55 mins		

***All our classes are 55 mins long unless stated in the timetable.**

****We are closed on Public Holidays, Tournaments & Grading Test days.**