



TOP TAEKWONDO ACADEMY (**THOMSON**)

	MON	TUE	WED	THU	FRI	SAT	SUN	
9:30			CLOSED			TEEN/ADULT		
10:30						JUNIOR/KID		
2:00						JUNIOR/KID	JUNIOR/KID	
3:00						SPARRING	SPARRING	
4:00	JUNIOR/KID	SPARRING				JUNIOR/KID	JUNIOR/KID	JUNIOR/KID
5:00	JUNIOR/KID	JUNIOR/KID				JUNIOR/KID	JUNIOR/KID	JUNIOR/KID
6:00	JUNIOR/KID	JUNIOR/KID				SPARRING		COMPETITION
7:30	TEEN/ADULT	SPARRING (TEEN/ADULT)				TEEN	TEEN/ADULT	

JUNIOR	4-6 YEARS 55 MINS	KID	7-12 YEARS 55 MINS
SPARRING	Green belt & above	TEEN / ADULT	13+ YEARS 60 MINS
COMPETITION	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**