

# INDUK TAEKWONDO

## TRAINING SCHEDULE . THAILAND

[www.induk.com.sg](http://www.induk.com.sg)

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	MON	TUE	WED	THU	FRI		SAT	SUN
11:00 – 12:00			Induk MOMMYs		Induk MOMMYs	9:00 – 10:00	PRIVATE LESSONS By Appointment	PRIVATE LESSONS By Appointment
1:00 – 2:00						10:00 - 10:45	Induk SUPERTOTS	Induk SUPERTOTS
2:00 - 3:00		PRIVATE LESSONS By Appointment	PRIVATE LESSONS By Appointment		PRIVATE LESSONS By Appointment	11:00 - 12:00	Induk TODDLERS	Induk TODDLERS
3:00 – 4:00		Induk SUPERTOTS	Induk KiDZ ALL BELTS	Induk SUPERTOTS	Induk KiDZ ALL BELTS	1:30 - 2:30	Induk KiDZ ALL BELTS	Induk SUPERTOTS
4:00 - 5:00	Induk TODDLERS	Induk TODDLERS	Induk TODDLERS	Induk TODDLERS	Induk TODDLERS	2:30 - 3:30	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS
5:00 - 6:00	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS	4:00 - 5:00	Induk KiDZ SPARRING/SELF-DEFENSE	Induk KiDZ SPARRING/SELF-DEFENSE
6:00 - 7:00	Induk KiDZ SPARRING/SELF-DEFENSE	Induk KiDZ SPARRING/SELF-DEFENSE	Induk KiDZ SPARRING/SELF-DEFENSE	Induk KiDZ SPARRING/SELF-DEFENSE	Induk KiDZ SPARRING/SELF-DEFENSE	5:00 - 6:00	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS
7:30 - 8:30	Induk ADULTS	Induk ADULTS	Induk ADULTS	Induk ADULTS	Induk ADULTS	4:30 - 5:30	Competition Team 'POOMSAE' TRAINING	Competition Team 'SPARRING' TRAINING
8:30 - 9:30	Induk ADULTS	Induk ADULTS	Induk ADULTS	Induk ADULTS	Induk ADULTS	5:30 - 6:30	Competition Team 'POOMSAE' TRAINING	Competition Team 'SPARRING' TRAINING

### 'PRIVATE LESSONS'

Students (adults or child) who wish to have a one-to-one private lesson with the coach, can do so by making an appointment.

TEAM  
**INDUK**  
TAEKWONDO