

# INDUK TAEKWONDO

## TRAINING SCHEDULE . CAMBODIA

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	MON	TUE	WED	THU	FRI		SAT	SUN
09:15 – 10:15				Induk ADULTS TAEKWONDO AEROBICS		9:15 – 10:15	Induk JUNIOR & ADULTS ALL BELTS	Induk JUNIOR & ADULTS SPARRING
1:00 – 2:00						10:15 - 11:00	Induk TODDLERS TK1003	Induk TODDLERS TK1004
2:00 - 3:00		PRIVATE LESSONS By Appointment	PRIVATE LESSONS By Appointment	PRIVATE LESSONS By Appointment	PRIVATE LESSONS By Appointment	11:00 - 12:00	Induk KiDZ LOW BELTS TK2007A	Induk KiDZ LOW BELTS TK2011A
3:00– 4:00		Induk TODDLERS [3:15 – 4:00PM]	Induk ADULTS SELF-DEFENSE For Women	Induk KiDZ SPARRING [3:15 – 4:15PM]	Induk TODDLERS [3:15 – 4:00PM]	12:00 - 1:00	Induk KiDZ ALL BELTS TK2008A	Induk KiDZ SPARRING TK2004B
4:00 - 5:00		Induk KiDZ ALL BELTS TK2001A	Induk KiDZ ALL BELTS TK2002A	Induk KiDZ ALL BELTS [4:15 – 5:15PM] TK2003A	Induk KiDZ ALL BELTS TK2002A	1:00 - 2:00	Induk KiDZ SPARRING TK2004B	Induk KiDZ RED-TIP to BLACK-YIP TK2004B
5:00 - 6:00		Induk ADULTS SELF-DEFENSE For Women	Induk JUNIOR & ADULTS ALL BELTS TK2003A	Induk JUNIOR & ADULTS ALL BELTS [5:15 – 6:15PM] TK2003B	Induk KiDZ ALL BELTS	2:00 - 3:00	Induk KiDZ ALL BELTS TK2009A	Induk KiDZ ALL BELTS TK2012A
6:00 - 7:00		Induk KiDZ ALL BELTS	Induk JUNIOR & ADULTS SPARRING	Induk JUNIOR & ADULTS SPARRING [6:15 – 7:15PM]	Induk KiDZ ALL BELTS	3:00 - 4:00	Induk KiDZ ALL BELTS TK2010A	Induk KiDZ ALL BELTS TK2013A
7:00 - 8:00		Induk JUNIOR & ADULTS ALL BELTS	Induk JUNIOR & ADULTS ALL BELTS	Induk JUNIOR & ADULTS ALL BELTS (7:15 – 8:15pm)	Induk JUNIOR & ADULTS ALL BELTS	4:00 - 5:00	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS

### '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.

