

INDUK TAEKWONDO

TRAINING SCHEDULE . SINGAPORE

www.induk.com.sg

T. +65 6241 8005 | E. taekwondo@induk.com.sg

	MON	TUE	WED	THU	FRI		SAT	SUN
9:30 – 10:30						10:00 - 10:45	Induk TODDLERS Induk KiDZ [^] SPARRING INTRO	Induk TODDLERS Induk KiDZ [^] SPARRING INTRO
2:00 - 3:00	PRIVATE LESSONS By Appointment	PRIVATE LESSONS By Appointment	PRIVATE LESSONS By Appointment	PRIVATE LESSONS By Appointment	PRIVATE LESSONS By Appointment	11:00 - 12:00	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS
3:15 – 4:00	PRIVATE LESSONS By Appointment	Induk TODDLERS	PRIVATE LESSONS By Appointment	Induk TODDLERS	PRIVATE LESSONS By Appointment	12:00 - 1:00	Induk KiDZ SPARRING/SELF-DEFENSE Induk SUPERTOTS	Induk KiDZ SPARRING/SELF-DEFENSE Induk SUPERTOTS
4:00 - 5:00	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS	1:30 - 2:30	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS
5:00 - 6:00	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	2:30 - 3:30	Induk KiDZ SPARRING/SELF-DEFENSE Induk TODDLERS	Induk KiDZ SPARRING/SELF-DEFENSE
6:00 - 7:00	Induk KiDZ ALL BELTS & RED BELTS	Induk KiDZ ALL BELTS	Induk KiDZ ALL BELTS & RED BELTS	Induk KiDZ ALL BELTS	Induk KiDZ 'POOM Club' ⁺	3:30 - 4:30	Induk KiDZ 'POOM Club' ⁺	Induk KiDZ 'POOM Club' ⁺
7:30 - 8:30	Competition Team 'POOMSAE' TRAINING [7:30 - 9:00PM]	Induk ADULTS	Induk ADULTS Induk KIDZ* BLACK BELT PREP	Induk ADULTS	Induk ADULTS Competition Team 'SPARRING' TRAINING	4:30 - 5:30	Induk KiDZ & ADULTS SPARRING/SELF-DEFENSE Competition Team <i>Junior</i> 'POOMSAE' TRAINING	Induk KiDZ & ADULTS SPARRING/SELF-DEFENSE Competition Team 'SPARRING' TRAINING
8:30 - 9:30		Induk ADULTS	Induk ADULTS	Induk ADULTS	Induk ADULTS Competition Team 'SPARRING' TRAINING	5:30 - 6:30	Induk KiDZ & ADULTS ALL BELTS Competition Team <i>Junior</i> 'POOMSAE' TRAINING [Till 6:00PM]	Induk KiDZ & ADULTS ALL BELTS Competition Team 'SPARRING' TRAINING

+ 'POOM Club'
Strictly for Poom Belts
(Junior Black Belts)

* 'POOM Belt Prep'
For Red Belts & Black-tip
Belts in preparation for
Poom Belt Grading

^ 'Sparring Intro'
For 'Green-tip' & 'Green Belts'.
Introduction for kids, in preparation
for sparring classes.


NIKE TAEKWONDO
EXCLUSIVE DISTRIBUTOR . SINGAPORE
STF-APPROVED

TEAM
INDUK
TAEKWONDO
SINGAPORE . THAILAND . CAMBODIA