

INDUK TAEKWONDO

TRAINING SCHEDULE . SINGAPORE

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	MON	TUE	WED	THU	FRI		SAT	SUN
9:30 - 10:30						10:00 - 10:45	Induk TODDLERS	Induk TODDLERS
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 KiDZ SPARRING/SELF- DEFENSE
4:00 - 5:00	Competition TeamJunior 'POOMSAE' TRAINING [4:00 - 5:30PM]	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	Competition TeamJunior 'POOMSAE' TRAINING [5:30 - 7:00PM]	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 KiDZ SPARRING/SELF- DEFENSE
6:00 - 7:00		Induk KiDZ ALL BELTS Induk KiDZ 'POOM Club'+	Induk KiDZ ALL 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 TEENS & ADULTS	Induk TEENS & ADULTS	Induk TEENS & ADULTS	Induk TEENS & ADULTS Competition Team 'SPARRING' TRAINING	4:30 - 5:30	Induk TEENS & ADULTS SPARRING/SELF- DEFENSE	Induk TEENS & ADULTS SPARRING/SELF-DEFENSE Competition Team 'SPARRING' TRAINING
8:30 - 9:30		Induk TEENS & ADULTS	Induk TEENS & ADULTS	Induk TEENS & ADULTS	Induk TEENS & ADULTS Competition Team 'SPARRING' TRAINING	5:30 - 6:30	Induk TEENS & ADULTS	Induk TEENS & ADULTS Competition Team 'SPARRING' TRAINING

+ 'POOM Club'

Strictly for POOM Belts (Junior Black Belts)