



2024 TAEKWONDO TIME TABLE

MUSA TAEKWONDO ACADEMY (FIVE DOCK)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10am-10.30am TINY STAR PRE-SCHOOL TAEKWONDO Age 4		10am-10.30am TINY STAR PRE-SCHOOL TAEKWONDO Age 4		9am-9.45am MINI STAR TAEKWONDO Age 5-7 (ALL RANK)
	10.30pm-11.30pm MORNING CREW TEENS & ADULTS TAEKWONDO		10.30pm-11.30pm MORNING CREW TEENS & ADULTS TAEKWONDO		9.45am-10.30am LITTLE STAR TAEKWONDO Age 8-10 (ALL RANK + CDB + POOM)
4pm-4.45pm MINI STAR TAEKWONDO Age 5-7 (ALL RANK)	4pm-4.45pm MINI STAR TAEKWONDO Age 5-7 (ALL RANK)	Children POOMSAE SPECIFIC 4pm-4.30pm KIBON, TAEGUEK 1 & 2	4pm-4.45pm MINI STAR TAEKWONDO Age 5-7 (ALL RANK)	4pm-4.45pm MINI STAR TAEKWONDO Age 5-7 (ALL RANK)	10.30am-11.15am YOUNG STAR TAEKWONDO Age 11-13 (ALL RANK + CDB + POOM)
4.45pm-5.30pm LITTLE STAR TAEKWONDO Age 8-10 (ALL RANK + CDB + POOM)	4.45pm-5.30pm LITTLE STAR TAEKWONDO Age 8-10 (ALL RANK + CDB + POOM)	4.30pm-5pm TAEGUEK 3 & 4	4.45pm-5.30pm LITTLE STAR TAEKWONDO Age 8-10 (ALL RANK + CDB + POOM)	4.45pm-5.30pm LITTLE STAR TAEKWONDO Age 8-10 (ALL RANK + CDB + POOM)	11.15am-12pm FAMILY TKD TAEKWONDO (TKD Families)
5.30pm-6.15pm YOUNG STAR TAEKWONDO Age 11-13 (ALL RANK + CDB + POOM)	5.30pm-6.15pm YOUNG STAR TAEKWONDO Age 11-13 (ALL RANK + CDB + POOM)	5pm-5.30pm TAEGUEK 5 & 6	5.30pm-6.15pm YOUNG STAR TAEKWONDO Age 11-13 (ALL RANK + CDB + POOM)	5.30pm-6.15pm YOUNG STAR TAEKWONDO Age 11-13 (ALL RANK + CDB + POOM)	12pm-1pm TEENS TKD TAEKWONDO Age 14-16
6.30pm-7.30pm TEENS TKD TAEKWONDO Age 14-16	6.30pm-7.30pm SPARRING SQUAD OLYMPIC SPORT (BY INVITE) MINI YOUTH (Age 6-8)	6pm-6.30pm KORYO & UP	6.30pm-7.30pm SPARRING SQUAD OLYMPIC SPORT (BY INVITE) YOUTH (Age 8-11)	6.30pm-7.30pm FIGHT OPEN MAT OLYMPIC SPORT ALL SQUAD MEMBERS	1pm-2pm ADULTS TKD TAEKWONDO Age 17 & up
7.30pm-8.30pm ADULTS TKD TAEKWONDO Age 17 & up	7.30pm-9pm SPARRING SQUAD OLYMPIC SPORT (BY INVITE) CADET, JUNIOR, SENIOR	6.30pm-7.30pm TEENS TKD TAEKWONDO Age 14-16	7.30pm-8.30pm ADULTS TKD TAEKWONDO Age 17 & up	7.30pm-9pm SPARRING SQUAD OLYMPIC SPORT (BY INVITE) CADET, JUNIOR, SENIOR	2pm-3pm BLACK BELT GRADING PREPARATION TEENS & ADULTS
				By Announcement 	3pm-4pm SPARRING SQUAD COMP SQUAD (BY INVITE) MINI YOUTH & YOUTH By Announcement