## **2024 TAEKWONDO TIME TABLE**

## **MUSA TAEKWONDO ACADEMY (FIVE DOCK)**

		CADEIVIT (FI			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10am-10.30am		10am-10.30am		9am-9.45am
	TINY STAR		TINY STAR		MINI STAR
	PRE-SCHOOL TAEKWONDO	-	PRE-SCHOOL TAEKWONDO		TAEKWONDO
	Age 4		Age 4		Age 5-7
					(ALL RANK)
	10.30pm-11.30pm		10.30pm-11.30pm		9.45am-10.30am
	MORNING CREW		MORNING CREW		LITTLE STAR
	TEENS & ADULTS	**	TEENS & ADULTS		TAEKWONDO
	TAEKWONDO		TAEKWONDO		Age 8-10 (ALL RANK + CDB + POOM)
					(ALL KANK + CDB + POONI)
4pm-4.45pm	4pm-4.45pm	Children POOMSAE SPECIFIC	4pm-4.45pm	4pm-4.45pm	10.30am-11.15am
MINI STAR	MINI STAR	4pm-4.30pm	MINI STAR	MINI STAR	YOUNG STAR
TAEKWONDO	TAEKWONDO	KIBON, TAEGUEK 1 & 2	TAEKWONDO	TAEKWONDO	TAEKWONDO
Age 5-7	Age 5-7		Age 5-7	Age 5-7	Age 11-13
(ALL RANK)	(ALL RANK)	4.30pm-5pm	(ALL RANK)	(ALL RANK)	(ALL RANK + CDB + POOM)
		TAEGUEK 3 & 4			
4.45pm-5.30pm	4.45pm-5.30pm		4.45pm-5.30pm	4.45pm-5.30pm	11.15am-12pm
LITTLE STAR	LITTLE STAR	5pm-5.30pm	LITTLE STAR	LITTLE STAR	FAMILY TKD
TAEKWONDO	TAEKWONDO	TAEGUEK 5 & 6	TAEKWONDO	TAEKWONDO	TAEKWONDO
Age 8-10	Age 8-10	E 20mm Com	Age 8-10	Age 8-10	(TKD Families)
(ALL RANK + CDB + POOM)	(ALL RANK + CDB + POOM)	5.30pm-6pm TAEGUEK 7 & 8	(ALL RANK + CDB + POOM)	(ALL RANK + CDB + POOM)	12pm-1pm
5.30pm-6.15pm	5.30pm-6.15pm	TAEGUER 7 & o	5.30pm-6.15pm	5.30pm-6.15pm	TEENS TKD
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YOUNG STAR	YOUNG STAR	6pm-6.30pm	YOUNG STAR	YOUNG STAR	TAEKWONDO
TAEKWONDO Age 11-13	TAEKWONDO Age 11-13	KORYO & UP	TAEKWONDO Age 11-13	TAEKWONDO Age 11-13	Age 14-16
Age 11-15 (ALL RANK + CDB + POOM)	(ALL RANK + CDB + POOM)		Age 11-15 (ALL RANK + CDB + POOM)	(ALL RANK + CDB + POOM)	1pm-2pm
ALL MAINT + CDD + FOOM)	ALL RAINE + COD + FOUNI		ALL RAINK + CDD + POUNI	ALL MAINT + COD + POUNI	ADULTS TKD
6.30pm-7.30pm	6.30pm-7.30pm	6.30pm-7.30pm	6.30pm-7.30pm	6.30pm-7.30pm	TAEKWONDO
TEENS TKD	SPARRING SQUAD	TEENS TKD	SPARRING SQUAD	FIGHT OPEN MAT	Age 17 & up
TAEKWONDO	OLYMPIC SPORT (BY INVITE)	TAEKWONDO	OLYMPIC SPORT (BY INVITE)	OLYMPIC SPORT	Age 17 of up
Age 14-16	MINI YOUTH (Age 6-8)	Age 14-16	YOUTH (Age 8-11)	ALL SQUAD MEMBERS	2pm-3pm
		U U		By Announcement	BLACK BELT
7.30pm-8.30pm	7.30pm-9pm	7.30pm-8.30pm	7.30pm-9pm		GRADING PREPARATION
ADULTS TKD	SPARRING SQUAD	ADULTS TKD	SPARRING SQUAD		TEENS & ADULTS
TAEKWONDO	OLYMPIC SPORT (BY INVITE)	TAEKWONDO	OLYMPIC SPORT (BY INVITE)		
Age 17 & up	Age 12 & UP	Age 17 & up	Age 12 & UP	4 <b>7 1</b>	3pm-4pm
	CADET, JUNIOR, SENIOR		CADET, JUNIOR, SENIOR		SPARRING SQUAD
					COMP SQUAD (BY INVITE) MINI YOUTH & YOUTH

By Announcement