

EVOLUTION TAEKWONDO

2012

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--|--|--|--|--|--|
| DAY | | SENIOR ALL BELTS 9.30 - 10.30 | Ladies only WOMAN 9.30 - 10.30 | SENIOR ALL BELTS 9.30 - 10.30 | Ladies only WOMAN 9.30 - 10.30 | 8yrs & above FITNESS 8.00 - 8.45 | Taekwondo BIRTHDAY PARTY 10.00 - 11.30 |
| CLASS 1 | NINJA'S ALL BELTS 4.30 - 5.15pm | WARRIORS & TEENS BLUE & RED 4.30 - 5.15pm | NINJA'S ALL BELTS 4.30 - 5.15pm | WARRIORS & TEENS BLUE & RED 4.30 - 5.15pm | NINJA'S ALL BELTS 4.30 - 5.15pm | 4yrs tinyTIGERS 9.00 - 9.30am | Taekwondo BIRTHDAY PARTY 12.00 - 1.30 |
| CLASS 2 | WARRIORS WHITE & YELLOW 5.15 - 6.00pm | 7 - 9yrs BULLYPROOF 5.15 - 6.00 | WARRIORS WHITE & YELLOW 5.15 - 6.00pm | 7 - 9yrs BULLYPROOF 5.15 - 6.00 | WARRIORS WHITE & YELLOW 5.15 - 6.00pm | WHITE 1 - 4 INTRO PROGRAM 9.30 - 10.45am | |
| CLASS 3 | WARRIORS & TEENS BLUE & RED 6.00 - 6.45pm | SPORT TKD KICKFIT 6.00 - 6.45pm | WARRIORS & TEENS BLUE & RED 6.00 - 6.45pm | SPORT TKD RINGCRAFT 6.00 - 6.45pm | DEMO TEAM 5.30 - 6.30pm | NINJA'S ALL BELTS 10.45 - 11.15am | |
| CLASS 4 | TEENS WHITE & YELLOW 6.45 - 7.30pm | SPORT TKD STRENGTH & CONDITIONING 6.00 - 7.30 | TEENS WHITE & YELLOW 6.45 - 7.30pm | SPORT TKD SPARRING 6.00 - 7.30pm | SPORT TKD FIGHT NIGHT 6.30 - 8.00 | 7 - 9yrs WHITE & YELLOW 10.45 - 11.15am | |
| CLASS 6 | WARRIORS & TEENS BLACK BELT 7.30 - 8.30pm | 10yrs+ LADIES ONLY TKD 7.30 - 8.30pm | WARRIORS & TEENS BLACK BELT 7.30 - 8.30pm | 10yrs+ MEN ONLY TKD 7.30 - 8.30 | | Under 14yrs BLUE & RED 11.15 - 12.00pm | |
| CLASS 7 | SENIOR ALL BELTS 7.30 - 8.30pm | | SENIOR ALL BELTS 7.30 - 8.30pm | | | 10 - 14yrs BULLYPROOF 12.15 - 1.15 | |

| | | | | | |
|------------------------------------|-------------------------------------|--------------------------------------|----------------------------------|-------------------------|--|
| tinyTIGERS Children 4yrs | NINJA'S Children 5 & 6yrs | WARRIORS Children 7 - 9yrs | TEENS Youth 10 - 14yrs | SENIOR 15yrs+ | BULLYproof * Bullyproof members only |
| Program 1 | Program 2 | Program 3 | Program 4 | Program 5 | Program 6 |

EVOLUTION TAEKWONDO

Unit 1 / 6 Deblin Drive

Narre Warren

9703 0788

info@evotkd.com.au

www.evotkd.com.au