

Term 1 Timetable - Preston

18th January – 28th March 2021

CLASS TYPE	TUE	WED	THU	FRI	SAT
TAEKWONDO	Taekwondo Ninjas 4.00-4.30pm	Taekwondo Ninjas 4.00-4.30pm	Taekwondo Ninjas 4.00-4.30pm	Taekinda 4.00-4.30pm	Taekwondo Ninjas 9.00-9.30am
	Warrior White & Yellow Belts 4.30-5.15pm	Warrior White & Yellow Belts 4.30-5.15pm	Warrior White & Yellow Belts 4.30-5.15pm	Taekwondo Ninjas 4.30-5.00pm	Taekinda 9.30-10.00am
	Warrior Blue & Red Belts 5.15-6.00pm	Warrior Blue & Red Belts 5.15-6.00pm	Warrior Blue & Red Belts 5.15-6.00pm	Warrior White & Yellow Belts 5.00-5.45pm	Taekwondo Ninjas 10.00-10.30am
	Junior Cho Dan Bo & Black Belts 6.00-6.45pm	Junior Cho Dan Bo & Black Belts 6.00-6.45pm	Junior Cho Dan Bo & Black Belts 6.00-6.45pm	Warrior Blue & Red Belts 5.45-6.30pm	Warrior White & Yellow Belts 10.30-11.15am
	Teens Black Belt & Cho Dan Bo 6.45-7.30pm	Junior & Teen White & Colour Belts 6.45-7.30pm	Teens Black Belt & Cho Dan Bo 6.45-7.30pm	Junior Black Belts & Cho Dan Bo 6.30-7.15pm	Warrior Blue & Red Belts 11.15-12.00pm
	Senior Technical Colour Belts 7.30-8.15pm	Senior Technical Black Belts 7.30-8.15pm	Combat Sparring 7.30-8.15pm	Junior & Teen White & Colour Belts 7.15-8.00pm	Junior Black Belts & Cho Dan Bo 12.00pm-12.45pm
FITNESS	PARENTS TKD HIIT 4.00-4.30pm	PARENTS TKD HIIT 4.00-4.30pm	PARENTS TKD HIIT 4.00-4.30pm	PARENTS TKD HIIT 4.00-4.30pm	TC HIRT 8.15-8.50am
	TKD HIIT 6.45-7.15pm	TC HIRT 6.45-7.20pm	TC HIRT 6.45-7.20pm	TKD HIIT 7.15-7.45pm	Group PT 9.00-11.45am
					Family Fit. 12.00 - 12.30pm

506 High Street, Preston 3072. Tel: 1800 832 622 email: preston@teamcarlo.com.au web: www.teamcarlo.com.au