

Term 1 Timetable - Preston

28th January – 28th March 2020

teamcarlo.
taekwondo

MON	TUE	WED	THU	FRI	SAT
Instructor Training @ Airport West 10.30-11.45pm					Taekwondo Ninjas 9.00-9.30am
Taekwondo Ninjas 4.00-4.30pm	Taekwondo Ninjas 4.00-4.30pm	Taekwondo Ninjas 4.00-4.30pm	Taekwondo Ninjas 4.00-4.30pm	Taekwondo Ninjas 4.00-4.30pm	Taekinda 9.30.10.00am
Warrior White & Yellow Belts 4.30-5.15pm	Warrior White & Yellow Belts 4.30-5.15pm	Warrior White & Yellow Belts 4.30-5.15pm	Warrior White & Yellow Belts 4.30-5.15pm	Taekinda 4.00-4.30pm	Taekwondo Ninjas 10.00.10.30am
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 Blue & Red Belts 5.15-6.00pm	Taekwondo Ninjas 4.30-5.00pm	Taekinda 10.30.11.00am
Youth Taekwondo Fitness 6.00-6.30pm	Youth Taekwondo Fitness 6.00-6.30pm	Youth Taekwondo Fitness 6.00-6.30pm	Youth Taekwondo Fitness 6.00-6.30pm	Warrior White & Yellow Belts 5.00-5.45pm	Taekwondo Ninjas 11.00-11.30am
Junior Cho Dan Bo & Black Belts 6.00-6.45pm	Junior Cho Dan Bo & Black Belts 6.00-6.45pm	Junior & Teen White & Colour Belts 6.00-6.45pm	Junior Cho Dan Bo & Black Belts 6.00-6.45pm	Warrior Blue & Yellow Stripe Belts 5.45-6.30pm	Warrior White & Yellow Belts 9.30-10.15am
Junior & Teen White & Colour Belts 6.45-7.30pm	Teens Black Belt & Cho Dan Bo 6.45-7.30pm	Junior Cho Dan Bo & Black Belts 6.45-7.30pm	Junior Sport Combat Class 6.45-7.30pm	Warrior Red & Cho Dan Bo 6.30-7.15pm	Warrior Blue & Yellow Stripe Belts 10.15-11.00am
Teens Black Belt & Cho Dan Bo 6.45-7.30pm		Teens Black Belt & Cho Dan Bo 6.45-7.30pm		Junior Black Belts & Cho Dan Bo 7.15-8.00pm	Junior Colour Belts 11.00am-11.45pm
					Warrior Red Belts & Cho Dan Bo 11.45-12.30pm
Teens & Senior FITNESS 7.30-8.00pm	Teens & Senior FITNESS 7.00-7.30pm	Teens & Senior FITNESS 7.30-8.15pm	Teens & Senior FITNESS 7.30-8.00pm	Teens & Senior FITNESS 7.15-7.45pm	Teens & Senior FITNESS 11.45-12.30pm
Senior Technical All Belt Levels 8.00-8.45pm	Senior Technical All Belt Levels 7.30-8.15pm		By Invitation & Instructor Black belt 8.00-8.45pm		