

# HILDENBOROUGH TAEKWON-DO & KICKBOXING TIMETABLE 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday am	Sunday pm
10 - 11 am Adults			10 - 11am KICKBOXING Teens/Adults 14+		9 - 9.30am 3 - 5 years	9.30 - 10am 3 - 5 years	3.30 - 4.15pm 5 - 7 years
4.15 - 4.45pm 3 - 5 years	4.15 - 5pm 5 - 7 years	4.15 - 5pm 5 - 7 years	4.15 - 5pm 5 - 7 years	4.15 - 5pm 5 - 7 years	9.45 - 10.30am 5 - 7 years	10 - 10.45am 5 - 7 years	4.30 - 5.30pm Juniors 8-11 yrs
4.45 - 5.30pm 5 - 7 years	5 - 6pm Juniors 8-11 yrs	5 - 6pm Juniors 8-11 yrs	5 - 6pm Juniors 8-11 yrs	5 - 6pm Mixed Juniors 8 - 15 yrs	11am - 12pm Family class Main Hall	10.45 - 11.45am Family class	5.45 - 6.45pm Family class
5.30 - 6.30pm Mixed Juniors 8 - 15 yrs	6 - 7pm Teens 12-15 yrs	6 - 7pm Teens 12-15 yrs	6 - 7pm Teens 12-15 yrs	6.30 - 7.30pm KICKBOXING Jnrs 9-13yrs	12 - 1pm Black stripe & above		
7 - 8pm KICKBOXING Family class				7.30 - 8.30pm KICKBOXING Teens/Adults 14+			7 - 8pm Adults
8 - 9pm KICKBOXING Teens/Adults 14+	8 - 9pm Adults	8 - 9pm Adults	8 - 9pm Adults				