

HOLIDAY PROGRAM TIMETABLE

pro tkd box.

Monday 8th to Thursday 18th December 2025
Monday 19th to Saturday 24th January 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
BUMBLEBEES					5:00 - 5:30pm 18 th Dec only	8:30 - 9:00am
						9:00 - 9:30am
WASPS	White & Coloured Belts	4:00 - 4:40pm	4:00 - 4:40pm	4:00 - 4:40pm		9:30 - 10:10am
HORNETS & TEENS	White, Yellow, Blue & Red Belts	4:40 - 5:30pm	4:40 - 5:30pm	4:40 - 5:30pm	4:00 - 4:40pm	11:00 - 11:50am
	Cho Dan Bo & Black Belts	5:30 - 6:20pm			5:30 - 6:20pm	10:10 - 11:00am
ADULTS	White, Coloured & Black Belts	6:30 - 7:30pm		6:30 - 7:30pm		
ATHLETE PROGRAM	Poomsae & Sparring		5:30 - 6:30pm	5:30 - 6:30pm		
BOXING & FITNESS	Under 14years		5:30 - 6:00pm		5:30 - 6:00pm	
	Teens & Adults		6:00 - 6:45pm		6:00 - 6:45pm	

BRING YOUR FRIENDS DURING OUR HOLIDAY PROGRAM CLASSES

No Adult & Athlete Program Class on Wednesday 18th December - Adult End of Year Party

Bumblebees 4+

Professional Taekwondo

Wasp 5+

Hornets 7+

1 Moore Street Moonee Ponds

Teens 12+

Adults 16+

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