

ITFA HQ/DOJANG: TIMETABLE CLASSES FOR TERM 3 2016
(starting Monday 18th July 2016)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 - 10.45am		TAEKWON-DO TOTS		TAEKWON-DO TOTS		10-11am FAMILY CLASS	10am-1pm Monthly BLACK BELT TRAINING
11am – 12pm		ADULTS All grades		ADULTS All grades	11.30am- 12.30pm DivinaQ Yoga	11am -12pm ADULTS All grades	
4 – 4.45pm	CHILDREN All grades	CHILDREN All grades	CHILDREN All grades			12.15-1pm MAC*	
5 – 5.45pm	CHILDREN All grades	CHILDREN All grades	CHILDREN All grades	<i>*Randwick Children's Class 5.30-6.30pm</i>			
6 – 6.45pm	MAC*		MAC*				
7 – 8.30pm	ADULTS All grades		ADULTS All grades	ADULTS All grades			

TAEKWON-DO TOTS: 3-5 year olds, CHILDREN: 5 – 12 year olds, ADULTS: 13 years and above

* MAC: Martial Arts Conditioning Class – High Intensity Interval Class (Fitness)

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BLACK BELT TRAINING: Sunday August 7th
 Sunday September 4th
 Sunday October 9th

TERM 3 COLOUR BELT GRADING: Saturday September 17th

ITFA International Instructor Course: Saturday 24th and Sunday 25th September 2016

ITFA Black Belt Grading: Sunday 25th September 2016

ITFA Dojang Instructors:

Chief Instructor: Senior Master Andrew Rhee, VIII Dan
 Class enquiries: 0450 459 927

Assistant Instructors: Miss Emily Boulton Smith, III Dan
 Mr Paul Rafferty, I Dan

Taekwon-Do Tots: Miss Emily Boulton Smith, III Dan
 Class enquiries: info@itfa.com.au 0424 293 301