



金道一跆拳道館

KIM DO YI TAEKWONDO KWAN

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星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday	星期日 Sunday
						黑帶班 Black Belt Class 10:00 - 11:30am
女子跆拳道自衛術 時間可以自定 Lady Taekwondo Self-Defense Time could be selected as request					新學員 - 4歲以上 Beginner 4 & up 11:00 - 12:00pm	所有色帶 All Belts 11:30 - 12:30pm
須要時可開班 Class Open as Need 12:00-3:00pm					新學員 - 成人班 Beginner Adult 12:00 - 1:00pm	所有色帶 All Belts (搏擊 / Sparring) 12:30 - 1:30pm
					開放自由練習 Open Session 1:00 - 2:30pm	開放自由練習 Open Session 1:30 - 2:30pm
					白 / 黃帶 4-6歲 Beginner 4 & up 3:00 - 4:00pm	白 / 黃帶 4-6歲 Beginner 4 & up 3:00 - 4:00pm
所有色帶 All Belts 4:00 - 5:00pm	所有色帶 All Belts 4:00 - 5:00pm	所有色帶 All Belts 4:00 - 5:00pm	所有色帶 All Belts 4:00 - 5:00pm	所有色帶 All Belts 4:00 - 5:00pm	新學員 - 4歲以上 Beginner 4 & up 3:30 - 4:30pm	比賽隊訓練 Competition Team Training 3:30 - 5:30pm
白 / 黃帶 4-6歲 White-Yellow 4up 5:30 - 6:30pm	白 / 黃帶 4-6歲 White-Yellow 4up 5:30 - 6:30pm	黑帶班 Black Belt Class 5:00 - 6:30pm	白 / 黃帶 4-6歲 White-Yellow 4up 5:30 - 6:30pm	白 / 黃帶 4-6歲 White-Yellow 4up 5:30 - 6:30pm		
所有色帶 All Belts 6:30 - 7:30pm	所有色帶 All Belts 6:30 - 7:30pm	所有色帶 All Belts (搏擊 / Sparring) 6:30 - 7:30pm	所有色帶 All Belts 6:30 - 7:30pm	所有色帶 All Belts 6:30 - 7:30pm		
新學員 - 成人班 Beginner Adult 7:30 - 8:30pm	紅帶 至 黑帶 Red to Black 7:30-8:30pm	新學員 - 成人班 Beginner Adult 7:30 - 8:30pm	新學員 - 成人班 Beginner Adult 7:30 - 8:30pm	所有色帶 All Belts (搏擊 / Sparring) 7:30 - 8:30pm		

時間將以需要而更改。 The time may be changed as need.

