

2024 TIMETABLE

ZIDO HUB CHATSWOOD (Top floor Lemon Grove shopping centre)										OTHER LOCATIONS	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	BEACON HILL	NORTH SYDNEY GIRLS HIGH			
Mat 01	Mat 01	Mat 01	Mat 01	Mat 01	ZIDOHUB	Mat 01					
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM	12:00pm - 1:00pm Adults & Gentle Taekwondo (ZidoHub)				9:00am - 10:30am Teens and Adults (ZidoHub)						
12:30 PM					10:30 - 11:00pm 4-6 year old Fundamentals (ZidoHub)						
1:00 PM					11:00am - 12:00pm Family Taekwondo White to Black Belt (ZidoHub)						
1:30 PM					12:00pm - 1:00pm White to Blue tip <16yo or vaxed (ZidoHub)						
2:00 PM					1:00pm - 1:30pm 4-6 year old Fundamentals (ZidoHub)						
2:30 PM					1:30pm - 2:30pm Beginners to yellow belt <16yo or vaxed (ZidoHub)						
3:00 PM					2:00 PM						
3:30 PM	3:30pm - 4:30pm Beginners to yellow belt (ZidoHub)	3:30pm - 4:30pm Green tip to Blue tip (ZidoHub)	3:30pm - 4:30pm Green tip to Blue tip <16yo or vaxed (ZidoHub)	3:30pm - 4:30pm Beginners to yellow belt <16yo or vaxed (ZidoHub)	3:30pm - 4:30pm Beginners to yellow belt <16yo or vaxed (ZidoHub)	2:30 PM					
4:00 PM					2:30pm - 3:30pm Blue Belt to Black Belt <16yo or vaxed (ZidoHub)						
4:30 PM	4:30pm - 5:30pm Green tip to Blue tip (ZidoHub)	4:30pm - 5:30pm Beginners to yellow belt <16yo or vaxed (ZidoHub)	4:30pm - 5:30pm Beginners to yellow belt <16yo or vaxed (ZidoHub)	4:30pm - 5:30pm Blue Belt to Black Belt <16yo or vaxed (ZidoHub)	4:30pm - 5:30pm Green tip to Blue tip <16yo or vaxed (ZidoHub)	3:00 PM					
5:00 PM					3:30pm - 4:30pm Demo Team 1 (Invite only) ZidoHub						
5:30 PM					4:30pm - 5:30pm Demo Team 2 (Invite only) ZidoHub						
6:00 PM	6:00pm - 7.15pm Teens and adults (ZidoHub)	6:30pm - 7:30pm Teens and adults (ZidoHub)	5:30pm - 7:00pm Poomsae team (ZidoHub)	5:30pm - 6:30pm Under 12 Sparring team (ZidoHub)	5:30pm - 7 pm 12-14 yo Sparring team (all levels) (ZidoHub)	4:00 PM					
6:30 PM						4:30 PM					
7:00 PM						5:00 PM					
7:30 PM	7:15pm - 8:30pm Sparring team Level 2 (ZidoHub)	7:30pm - 8:30pm Family Taekwondo White to Black Belt <16yo or vaxed (ZidoHub)	7:05pm Sparring team (ZidoHub)	7:30pm - 8:30pm Family Taekwondo White to Black Belt <16yo or vaxed (ZidoHub)							
8:30 PM											

LIVE Selected classes available online + in person simultaneously

60 Classes are 1 hour unless otherwise stated

MANLY Primary school aged beginners are recommended to join white belt classes

MANLY VALE Teens and adults are welcome to join our General Classes.

Private Class Experienced practitioners are welcome to join relevant belt level classes or General Classes.

Private classes can be arranged for times not marked on the timetable



BOOK A TRIAL CLASS TODAY
www.chungdotkd.com.au/trial

