

2023 TIMETABLE

ZIDO HUB CHATSWOOD (Top floor Lemon Grove shopping centre)							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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)		12:00pm - 1:00pm Adults & Gentle Taekwondo (ZidoHub)				
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	Private Class (ZidoHub)						
2:30 PM							
3:00 PM							
3:30 PM	3:30pm - 4:30pm Beginners to yellow belt <16yo or vaxed (ZidoHub)	3:30pm - 4:30pm Green tip to Blue tip <16yo or vaxed (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)		
4:00 PM							
4:30 PM	4:30pm - 5:30pm Green tip to Blue tip <16yo or vaxed (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)		
5:00 PM							
5:30 PM							
6:00 PM	6:00pm - 7:15pm Teens and adults (ZidoHub)	5:30pm - 6:30pm Blue Belt to Black Belt <16yo or vaxed (ZidoHub)	5:30pm - 7:00pm Poomsae Team (ZidoHub)	5:30pm - 6:30pm Kids Sparring level 1 (ZidoHub)	5:30pm - 6:30 pm Beginners to black belts (year 5 to year 8) (ZidoHub)		
6:30 PM		6:30pm - 7:30pm Teens and adults (ZidoHub)		6:30pm - 7:30pm Teens and adults (ZidoHub)			
7:00 PM							
7:30 PM		7:30pm - 8:30pm Family Taekwondo White to Black Belt <16yo or vaxed (ZidoHub)	7:05pm Sparring Team level 2 (ZidoHub)	7:30pm - 8:30pm Family Taekwondo White to Black Belt <16yo or vaxed (ZidoHub)			
8:30 PM	7:15pm - 8:30pm Sparring Team level 2+ (ZidoHub)						

OTHER LOCATIONS	
BEACON HILL	NORTH SYDNEY GIRLS HIGH
SATURDAY 4:00pm - 5:30pm White to Black Belt <16yo or vaxed	MONDAY 3:30 pm - 5:00 pm NSG team (White belt and up)
	TUESDAY 3:30 pm - 5:00 pm NSG team training (Yellow belt and up)
MOSMAN	
SATURDAY 1:30pm - 2:30pm White to Black Belt <16yo or vaxed	
THURSDAY 6:00pm - 7:00pm White to Black Belt <16yo or vaxed	
MANLY	
SUNDAY 4:30pm - 6:00pm White to Black Belt <16yo or vaxed	

9:00am - 11:00am
Black Belts
(ZidoHub)

9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM
1:00 PM
1:30 PM
2:00 PM
2:30 PM
3:00 PM
3:30 PM
4:00 PM
4:30 PM
5:00 PM

9:30am - 10:30am
Teens and Adults level
1.5
(ZidoHub)

10:30 - 11:00am
4-6 year old
Fundamentals
(ZidoHub)

11:00am - 12:00pm
Family Taekwondo
White to Black Belt
(ZidoHub)

12:00pm - 1:00pm
White to Green Belt
<16yo or vaxed
(ZidoHub)

1:00pm - 1:30pm
4-6 year old
Fundamentals
(ZidoHub)

1:30pm - 2:30pm
Beginners to yellow
belt
<16yo or vaxed
(ZidoHub)

2:30pm - 3:30pm
Blue tip to Black Belt
<16yo or vaxed
(ZidoHub)

3:30pm - 4:30pm
Demo Team
(Invite only) ZidoHub

9:00 AM
9:30 AM
10:00 AM
10:30 AM
11:00 AM
11:30 AM
12:00 PM
12:30 PM



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



LIVE Selected classes available online + in person simultaneously

Classes are 1 hour unless otherwise stated

Primary school aged beginners are recommended to join white belt classes

Teens and adults are welcome to join our General Classes.

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

FULLY VACCINATED Participants must be fully vaccinated from Covid19

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