

2025 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)				9:30am - 10:30am Teens/Adults strength and stretch (ZidoHub)						
12:30 PM					10:30 - 11:00pm Preschool 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 (ZidoHub)						
2:00 PM					1:00pm - 1:30pm Preschool Fundamentals (ZidoHub)						
2:30 PM					1:30pm - 2:30pm Beginners to Green belt (ZidoHub)						
3:00 PM					2:00 PM						
3:30 PM	3:30pm - 4:30pm Beginners to Green belt (ZidoHub)	3:30pm - 4:30pm Green tip to Blue belt (ZidoHub)	3:30pm - 4:30pm Green tip to Blue belt (ZidoHub)	3:30pm - 4:30pm Beginners to Green belt (ZidoHub)	2:30 PM	2:30pm - 3:30pm Blue Belt to Black Belt (ZidoHub)					
4:00 PM					3:00 PM						
4:30 PM	4:30pm - 5:30pm Green tip to Blue belt (ZidoHub)	4:30pm - 5:30pm Beginners to Green belt (ZidoHub)	4:30pm - 5:30pm Beginners to Green belt (ZidoHub)	4:30pm - 5:30pm Blue Belt to Red belt Competition Poomsae (ZidoHub)	3:30 PM	3:30pm - 4:30pm Demo Team 1 (Invite only) ZidoHub					
5:00 PM					4:00 PM						
5:30 PM					4:30 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 Under 12 Sparring team (ZidoHub)	5:30pm - 6:30pm Black Belt Competition Poomsae (ZidoHub)	5:00 PM						
6:30 PM				6:30pm - 7:30pm Teens and adults (ZidoHub)							
7:00 PM											
7:30 PM	7:15pm - 8:30pm Sparring team Level 2 (ZidoHub)	7:30pm - 8:30pm Family Taekwondo White to Black Belt (ZidoHub)	7:05pm Sparring team Level 2 (ZidoHub)	7:30pm - 8:30pm Family Taekwondo White to Black Belt (ZidoHub)							
8:30 PM											

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.

Private Class

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



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

