

# INTERIM TRAINING TIMETABLE

	CHATSWOOD							OTHER LOCATIONS			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY	SATURDAY		SUNDAY	BEACON HILL OVAL	North Sydney Girls High
	Mat 01	Mat 01	Mat 01	Mat 01		ZIDOHUB	CHATSWOOD OVAL		Mat 01		
10:30 AM		Private Class (Mosman)			9:00 AM	9:00 am - 10:00am Leadership & Instructor team training (ZidoHub)		9:00 AM	9:00am - 10:30am Black Belt (ZidoHub & Chungdo@Home) <b>LIVE</b>	SATURDAY 3:30pm - 4:30pm White to Black Belt <16yo or vaxed	TUESDAY 3:30 pm - 5:00 pm NSG and NSB team training
11:00 AM	11:00am - 12:00pm Gentle Taekwondo (ZidoHub)			11:00am - 12:00pm Gentle Taekwondo (ZidoHub)	9:30 AM			9:30 AM			NSG will be Online until 25th October. Then we will change to North Sydney Oval
11:30 AM					10:00 AM	10:00am -11am Teens and Adults Beginners (ZidoHub)		10:00 AM		EDENBOROUGH PARK LINDFIELD	
12:00 PM	12:00pm - 1:00pm Adults Taekwondo (ZidoHub)			12:00pm - 1:00pm Adults Taekwondo (ZidoHub)	10:30 AM		10:30 - 11:00 4-6 year old Fundamentals (Chatswood Oval)	10:30 AM		SUNDAY 10.30am Beginners/White Belt and Yellow Belt <16yo or vaxed	
12:30 PM					11:00 AM	11:00am -12noon Teens and Adults (ZidoHub)	11:00 - 12:00 Yellow belt or Green tip <16yo or vaxed (Chatswood Oval)	11:00 AM			
1:00 PM					11:30 AM			11:30 AM			
1:30 PM					12:00 PM			12:00 PM			
2:00 PM	Private Class (ZidoHub)	Private Class (ZidoHub)		Private Class (ZidoHub)	12:30 PM		12:30pm - 1:30pm White to Black Belt <16yo or vaxed (Chatswood Oval)	12:30 PM			
2:30 PM					1:00 PM			1:00 PM		MOSMAN (ALAN BORDER) OVAL	
3:00 PM					1:30 PM			1:30 PM		SATURDAY 2:00pm - 3:00pm White to Black Belt <16yo or vaxed	
3:30 PM	3:30pm - 4:30pm Beginners and white belts <16yo or vaxed (Chatswood Oval)	3:30pm - 4:30pm White to Black Belt <16yo or vaxed (Chatswood Oval)	3:30pm - 4:30pm Beginners and white belts <16yo or vaxed (Chatswood Oval)	3:30pm - 4:30pm White to Black Belt <16yo or vaxed (Chatswood Oval)	2:00 PM		1:30pm - 2:30pm White to Black Belt <16yo or vaxed (Chatswood Oval)	2:00 PM			
4:00 PM					2:30 PM			2:30 PM			
4:30 PM	4:30pm - 5:30pm Yellow Belt to Black Belt <16yo or vaxed (Chatswood Oval)	4:30pm - 5:30pm Yellow belt and Green tip <16yo or vaxed (Chatswood Oval)	4:30pm - 5:30pm Green belt and Blue tip <16yo or vaxed (Chatswood Oval)	4:30pm - 5:30pm Blue Tip and above <16yo or vaxed (Chatswood Oval)	3:00 PM			3:00 PM			
5:00 PM					3:30 PM			3:30 PM			
5:30 PM					4:00 PM			4:00 PM		MANLY OVAL	
6:00 PM	6:00pm - 7:30pm Teens and adults (ZidoHub)	6:00pm - 7:00pm Strength & conditioning (ZidoHub & Chungdo@Home) <b>LIVE</b>	Poomsae Team (ZidoHub & Chungdo@Home) <b>LIVE</b>	6:00pm - 7:30pm Teens and adults (ZidoHub)	4:30 PM			4:30 PM		SATURDAY 5:00pm - 6:00pm White to Black Belt <16yo or vaxed	
6:30 PM		7:15pm Stretching (ZidoHub & Chungdo@Home) <b>LIVE</b>	7.15pm Sparring Team (ZidoHub)		5:00 PM			5:00 PM			
7:00 PM											
7:30 PM	7:30pm - 8:30pm Private Class (ZidoHub)										
8:30 PM											

**LIVE** Selected classes available online + in person simultaneously

Classes are 1 hour unless otherwise stated

**60** 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



BOOK A TRIAL CLASS TODAY  
[www.chungdotkd.com.au/trial](http://www.chungdotkd.com.au/trial)

Timetable effective from 11 October, there will be changes as NSW Government restrictions change

