

# 5<sup>th</sup> Element Martial Arts 2025



|           |             | Bamboo Studio                |  |           | Dojang Studio               |  |           | Fishbowl Studio             |  |
|-----------|-------------|------------------------------|--|-----------|-----------------------------|--|-----------|-----------------------------|--|
| Monday    |             |                              |  | 3.30-4.15 | Dragonflies 3-6yrs          |  |           |                             |  |
|           |             |                              |  | 4.15-5.30 | TKD Little Dragons 7-11yrs  |  |           |                             |  |
|           |             |                              |  | 5.30-7.00 | TKD General 12yrs+          |  |           |                             |  |
|           |             |                              |  | 7.00-8.30 | Sparring 7yrs+              |  |           |                             |  |
| Tuesday   |             |                              |  |           |                             |  | 4.15-5.00 | Dragonflies 3-6yrs          |  |
|           |             |                              |  |           |                             |  | 5.00-5.45 |                             |  |
|           |             |                              |  |           |                             |  | 5.45-6.45 | TKD Beginners/Family        |  |
|           |             |                              |  |           |                             |  | 6.45-7.30 | Box/Kickboxing              |  |
|           |             |                              |  |           |                             |  | 7.30-8.30 | Stretch n Strength All Ages |  |
| Wednesday |             |                              |  |           |                             |  |           |                             |  |
|           | 6.30-7.30   | Sparring 7yrs+               |  |           |                             |  |           |                             |  |
| Thursday  |             |                              |  | 3.30-4.15 | TKD Dragonflies 3-6yrs      |  |           |                             |  |
|           |             |                              |  | 4.15-5.30 | TKD Little Dragons 7-11yrs  |  |           |                             |  |
|           |             |                              |  | 5.30-7.00 | TKD General 12 yrs +        |  |           |                             |  |
|           |             |                              |  | 7.00-8.00 | Sparring 7yrs+              |  |           |                             |  |
|           |             |                              |  | 8.00-8.30 | Patterns/ Poomsae 7yrs+     |  |           |                             |  |
| Friday    | 4.30-5.30   | Little Dragons/General 7yrs+ |  |           |                             |  |           |                             |  |
|           | 5.30-6.30   | Weapons All 7+               |  |           |                             |  |           |                             |  |
|           |             |                              |  |           |                             |  |           |                             |  |
| Saturday  | 10.30-11.15 | Dragonflies 3-6yrs           |  |           |                             |  |           |                             |  |
|           | 12.00-1.00  | Patterns/Poomsae 7yrs+       |  |           |                             |  |           |                             |  |
|           |             |                              |  | 1.00-2.00 | Tricking/Acro 7yrs +        |  |           |                             |  |
|           |             |                              |  | 2.00-3.00 | Stretch n Strength All Ages |  |           |                             |  |