

5th Element Martial Arts 2026



		Bamboo Studio			Dojang Studio			Fishbowl Studio	
Monday				3.30-4.15P	TKD Dragonflies 3-6yrs				
				4.15-5.30P	TKD Little Dragons 7-11yrs				
				5.30-7.00P	TKD General 12yrs+				
				7.00-8.30P	Sparring 7yrs+				
Tuesday							4.00-4.45P	TKD Dragonflies 3-6yrs	
							4.45-5.30P	Sparring Juniors	
							5.30-6.30P	TKD Beginners/Family	
							6.30-7.30P	Box/Kickboxing	
							7.30-8.30P	Stretch n Strength All Ages	
Wednesday									
	6.00-7.00P	Sparring 7yrs+							
Thursday				3.30-4.15P	TKD Dragonflies 3-6yrs				
				4.15-5.30P	TKD Little Dragons 7-11yrs				
				5.30-7.00P	TKD General 12 yrs +				
				7.00-8.00P	Sparring 7yrs+				
				8.00-8.30P	Patterns/ Poomsae 7yrs+				
Friday	4.30-5.30P	TKD Little Dragons/General 7yrs+							
	5.30-6.30P	Weapons All 7+							
Saturday							10.15-11.00A	TKD Dragonflies 3-6yrs	
	11.00-12.00P	Patterns/Poomsae 7yrs+							
	12.00-1.00P	Sparring Juniors							
				1.00-2.00P	Tricking/Acro 7yrs +				
				2.00-3.00P	Stretch n Strength All Ages				