



Class Schedule 2024

KIDS TAEKWONDO

	MON	TUES	WED	THUR	FRI
5:00pm - 6:00pm		Kid's TKD Beginner A	Mixed TKD	Kid's TKD Beginner A	
6:00pm - 7:00pm		Kid's TKD Beginner B		Kid's TKD Beginner B	

ADULT TKD, TAI CHI & SILAT

	MON	TUES	WED	THUR	FRI
5:00pm - 6:00pm	TAI CHI		TAI CHI		SPARRING (TKD)*
	AIKIDO "A"		MIXED TKD		AIKIDO "A"
6:00pm - 7:00pm	SILAT		SILAT		AIKIDO "B"
	AIKIDO "B"		AIKIDO		
7:00pm - 8:15pm		TKD 7:15pm to 8:15pm		TKD 7:15pm to 8:15pm	

SATURDAY TAI CHI 1pm to 2pm
SATURDAY SILAT 2pm to 3pm

*TKD Sparring is Adults & Teens, YELLOW BELT & Up



soengkono.com

11 South Court Street
Thunder Bay, Ontario Canada P7B 2W3
Phone: (807) 474-6677