LANE COVE TAEKWONDO

2026 CLASS SCHEDULE

No classes on Public Holidays or Grading days.

MONDAY		TUESDAY		WEDNESDAY	
FLOOR 1	**FLOOR 2**	**FLOOR 1**	**FLOOR 2**	**FLOOR 1**	**FLOOR 2**
4.00 - 4.30pm Wombat Kombat (White and Orange)	**4.00 - 4.30pm** Wombat Kombat (Green and Above)	**4.00 - 4.30pm** Wombat Kombat (White and Orange)	**4.00 - 4.30pm** Wombat Kombat (Green and Above)		
4.30 - 5.15pm Junior White / Yellow 1	**4.30 - 5.15pm** Junior Yellow 2/3	**4.30 - 5.15pm** Junior White / Yellow 1	**4.30 - 5.15pm** Junior Yellow 2/3	**4.00 - 4.45pm** Junior White / Yellow 1	**4.00 - 4.45pm** Junior Yellow 2/3
5.15 - 6.00pm Junior Blue Belts	**5.15 - 6.00pm** Junior Red / Black Belts	**5.15 - 6.00pm** Junior Blue Belts	**5.15 - 6.00pm** Patterns/ Board Breaking Class White and Yellow Belts	**4.45 - 5.30pm** Junior Red / Black Belts	**4.45 - 5.30pm** Junior Blue Belts.
6.00 - 6.45pm Foundational Taekwondo Adults (Teens and Adults)	**6.00 - 6.45pm** Family Class and Beginner Adults (White /Yellow Only)	**6.00 - 6.45pm** Junior Red / Black Belts		**5.30 - 6.15pm** Elite Sport Program: Junior Sparring	
6.45 - 7.45pm Adult Taekwondo Advanced (Blue, Red and Black)		**6.45 - 7.45pm** Adult Taekwondo (Teens and Adults)		**6.15 - 7.00pm** Elite Sport Program: Poomsae	
7.45 - 8.00pm Free Open Mat		**7.45 - 8.00pm** Free Open Mat		**7.00 - 8pm** Elite Sport Program: Adult Sparring	

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THURSDAY		FRIDAY	SATURDAY	
FLOOR 1	**FLOOR 2**	**FLOOR 2**	**FLOOR 1**	**FLOOR 2**
4.00 - 4.30pm Wombat Kombat (White and Orange)	**4.00 - 4.30pm** Wombat Kombat (Green and Above)	**9.30 - 10.30am** Adult Taekwondo (All Belts - No Dobok)	**8.30 - 9.00am** Wombat Kombat (White and Orange)	**8.30 - 9.00am** Wombat Kombat (Green and Above)
4.30 - 5.15pm Junior White / Yellow 1	**4.30 - 5.15pm** Junior Blue Belts		**9.00 - 9.45am** Junior Red / Black Belts	
5.15 - 6.00pm Junior Yellow 2/3	**5.15 - 6.00pm** Pattern / Board Breaking Class Blue Belts		**9.45 - 10.30am** Pattern / Board Breaking Red and Black Belts	**9.45 - 10.30am** Junior Blue Belts
6.00 - 6.45pm Junior Red / Black Belts			**10.30 - 11.15am** Junior White / Y1	**10.30 - 11.15am** Junior Yellow 2/3
6.45 - 7.45pm Adult Taekwondo (Teens and Adults)			**11.15am - 12.15pm** Adult Taekwondo (All Belts)	
7.45 - 8.00pm Free Open Mat			**12.15 - 12.30pm** Free Open Mat	

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2026 CLASS SCHEDULE

Wombat Kombat (White and Orange)	**MONDAY** 4.00 - 4.30pm	**TUESDAY** 4.00 - 4.30pm		**THURSDAY** 4.00 - 4.30pm		**SATURDAY** 8.30 - 9.00am
Wombat Kombat (Green and above)	**MONDAY** 4.00 - 4.30pm	**TUESDAY** 4.00 - 4.30pm		**THURSDAY** 4.00 - 4.30pm		**SATURDAY** 8.30 - 9.00am
Junior Taekwondo (white and Yellow 1)	**MONDAY** 4.30 - 5.15pm	**TUESDAY** 4.30 - 5.15pm	**WEDNESDAY** 4.00 - 4.45pm	**THURSDAY** 4.30 - 5.15pm		**SATURDAY** 10.30 - 11.15am
Junior Taekwondo (Yellow 2 and 3)	**MONDAY** 4.30 - 5.15pm	**TUESDAY** 4.30 - 5.15pm	**WEDNESDAY** 4.00 - 4.45pm	**THURSDAY** 5.15 - 6.00pm		**SATURDAY** 10.30 - 11.15am
Junior Taekwondo (Blue Belts)	**MONDAY** 5.15 - 6.00pm	**TUESDAY** 5.15 - 6.00pm	**WEDNESDAY** 4.45 - 5.30pm	**THURSDAY** 4.30-5.15pm		**SATURDAY** 9.45 - 10.30am
Junior Taekwondo (Red Belts)	**MONDAY** 5.15 - 6.00pm	**TUESDAY** 6.00 - 6.45pm	**WEDNESDAY** 4.45 - 5.30pm	**THURSDAY** 6.00 - 6.45pm		**SATURDAY** 9.00 - 9.45am
Junior Taekwondo (Black Belts)	**MONDAY** 5.15- 6.00pm	**TUESDAY** 6.00 - 6.45pm	**WEDNESDAY** 4.45 - 5.30pm	**THURSDAY** 6.00 - 6.45pm		**SATURDAY** 9.00 - 9.45am
Adult and Teen Taekwondo	**MONDAY** 6.00 - 6.45pm (White/Yellow) 6.45 - 7.45pm (Blue and above)	**TUESDAY** 6.45 - 7.45pm		**THURSDAY** 6.45 - 7.45pm	**FRIDAY** 9.30 - 10.30am	**SATURDAY** 11.15am - 12.15pm
			SPECIALTY CLASSES (TURNOVER)			

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2026 CLASS SCHEDULE

SPECIALTY CLASSES

Family Class	MONDAY 6.00 - 6.45pm Family Class: Parents and Kids (Ages 7 and above)			
Elite Sport Program		WEDNESDAY 5.30 - 6.15pm Sparring (Juniors)	WEDNESDAY 6.15 - 7.00pm Poomsae (All Ages)	WEDNESDAY 7.00 - 8.00pm Sparring (Seniors)
Patterns and Board Breaking Classes	TUESDAY 5.15 - 6.00pm White and Yellow Belts	THURSDAY 5.15 - 6.00pm Blue Belts	SATURDAY 9.45 - 10.30am Red and Black Belts	