

Training Schedule of the IWKA-HQ

Classes	Kwoon	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Morning Class Leadership only	K1					09:30 – 11:00	
Fighters Fit All levels	K1						10:15 – 11:15
Taiji (Song)	K1						
	K2	19:00 - 20:15					
C.I.T. Certified Instructor Training	K1		20:45 - 22:00				
Trial	K1	19:00 –20:00					
Orientation & Basic	K1	20:30 - 21:30	19:00 - 20:00	19:00- 20:00		19:00 - 20:00	
Leadership Grade 1 - 3	K2	20:30 –22:00	19:00 – 20:30	19:00- 20:30		19:00 – 20:30	
Leadership Level 1 Grade 4 - 6	K1				20:30- 22:00		
	K2	20:30 –22:00	19:00 - 20:30	19:00 – 20:30		19:00 – 20:30	
Leadership Level 2 Grade 7 - 9	K1				20:30 - 22:00		
	K2	20:30 -22:00	19:00 – 20:30	19:00 – 20:30		19:00 - 20:30	
Leadership Level 3 Grade 10 - 12	K1				20:30 - 22:00		
	K2	20:30 - 22:00	19:00 – 20:30	19:00 - 20:30		19:00 – 20:30	
Leadership Level 1-3			Sifu Sergio Class	Sifu Sergio Class	Sifu Sergio Class	Sparring Class	