



Professional Taekwondo Gambia

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Weekly Training Schedule

Age groups	Timing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Technical Training						Physical/Body Conditioning a/
Open	10:00-10:50am						(18:00-20:00pm) Color Belts/ Black Belts	
Special Session	13:00-14:00am							
Physical training	15:00-16:00pm							
Children < 10	16:00-16:45pm	Color Belts	Color Belts	Color Belts	Color Belts	Color Belts		
Children (10-15)	17:15-18:00pm	Color Belts	Color Belts	Color Belts	Color Belts	Color Belts		
Adults (16≤)	18:00-19:00pm	Color Belts	Color Belts	Color Belts	Color Belts	Color Belts		
All Ages	19:00-21:00pm	Black Belts	Black Belts	Black Belts	Black Belts	Black Belts		

Note: No uniform. Fitness outfit (tennis shoes, shorts or loose flexible pants, T-shirt or similar).