



TIMETABLE - NORTH SHORE

35 PORANA ROAD, WAIRAU, AUCKLAND 0627

☎ 0210 555 755

✉ info@kumgang.co.nz

🌐 www.kumgang.co.nz

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9AM						All Ages 9am - 9:50am
10AM						Black Belt 10:10am - 11:40am
11AM						
12PM						Kali 11:50pm - 12:40pm
1PM		Ladies 12:30pm - 1:30pm	Adult 12:30pm - 1:30pm	Ladies 12:30pm - 1:30pm	Adult 12:30pm - 1:30pm	Demo 12:45pm - 1:45pm
2PM		Core & Balance 1:45pm - 2:30pm		Core & Balance 1:45pm - 2:30pm	Mini Warrior 2pm	Red Belt 1:45pm - 3:15pm
3PM						
4PM	Tiny Warrior 3:40pm - 4:20pm	Tiny Warrior 3:40pm - 4:20pm	Tiny Warrior 3:40pm - 4:20pm	Tiny Warrior 3:40pm - 4:20pm	Tiny Warrior 3:40pm - 4:20pm	
5PM	Warrior 4:30pm - 5:20pm	Warrior (low belt) 4:30pm - 5:20pm	Warrior (low belt) 4:30pm - 5:20pm	Warrior (low belt) 4:30pm - 5:20pm	Warrior 4:30pm - 5:20pm	
6PM		Warrior (high belt) 5:30pm - 6:20pm	Warrior (high belt) 5:30pm - 6:20pm	Warrior (high belt) 5:30pm - 6:20pm		
7PM	Adult 6pm - 7:15pm	Adult 6:30pm - 7:45pm		Adult 6:30pm - 7:45pm		
8PM	Instructor 7:30pm - 8:30pm					



TIMETABLE - MEADOWSBANK

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6PM

7PM

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ADDRESS:

**TAHAPA CRES HALL
22 TAHAPA CRESENT**

Warrior 5pm - 5:50pm

Adult
6pm - 7:15pm

ADDRESS:

**SCOUT HALL
28C RUTHERFORD TERRACE**

Warrior 5pm - 5:50pm

Adult
6pm - 7:15pm