

Classes held in Balbriggan Taekwon-do Academy

Classes held in Platinum Gyms / PJ's Playcentre, Balbriggan

| Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|---------------------------------------|---|-----------|---------------------------------------|---|----------|--------|
| 9.00 | | | | | | | |
| 9.30 | | | | | | | |
| 10.00 | | | | Platinum Boxercise (Members Only) | | | |
| 10.30 | | | | | | | |
| 11.00 | | | | | | | |
| 11.30 | | | | | | | |
| 12.00 | | | | | | | |
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| 13.30 | | | | | | | |
| 14.00 | | | | | | | |
| 14.30 | | | | | | | |
| 15.00 | | | | | | | |
| 15.30 | | | | | | | |
| 16.00 | Taekwon-do Tots Age 4-6 yrs | | | Taekwon-do Tots Age 4-6 yrs | | | |
| 16.30 | | PJ's Taekwon-do (PJ's Playcentre Only) | | | | | |
| 17.00 | Taekwon-do Prep Age 7-9 yrs | | | Taekwon-do Prep Age 7-9 yrs | | | |
| 17.30 | | | | | | | |
| 18.00 | Taekwon-do Juniors Age 10-13 yrs | | | Taekwon-do Juniors Age 10-13 yrs | | | |
| 18.30 | | | | | Platinum Total Body Attack (Members Only) | | |
| 19.00 | Ladies Bootcamp Kickboxing 16+ yrs | | | Ladies Bootcamp Kickboxing 16+ yrs | | | |
| 19.30 | | Taekwon-do Beginners | | | Taekwon-do Beginners Only | | |
| 20.00 | | | | | | | |
| 20.30 | Adult Taekwon-do Aged 14+ | Platinum Men's Bootcamp Kickboxing (Members only) | | Adult Taekwon-do Aged 14+ | | | |
| 21.00 | | | | | | | |
| 21.30 | | | | | | | |