

July 2016

T. KANG TAEKWONDO

ADULT PROGRAM

Tribeca

(212) 219-0043

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 SCHOOL CLOSED NO CLASSES	TKANGTKD.COM	REMINDERS COLOR BELT TEST AUG 3 TRAINING CAMP SEP 3 - 5	REMINDERS SUMMER SCHEDULE STARTS JUL 9	PLEASE NOTE SCHEDULE CHANGES	1 SUMMER RECESS SCHOOL CLOSED	2 SUMMER RECESS SCHOOL CLOSED
3 SUMMER RECESS SCHOOL CLOSED	4 HAPPY 4TH OF JULY! SCHOOL CLOSED	5 SUMMER RECESS SCHOOL CLOSED	6 SUMMER RECESS SCHOOL CLOSED	7 SUMMER RECESS SCHOOL CLOSED	8 SUMMER RECESS SCHOOL CLOSED	9 12:30 REVIEW
10 SCHOOL CLOSED NO CLASSES	11 5:00 OPEN WORKOUT 6:30 TRADITIONAL 7:30 SPARRING TECHS	12 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:30 TARGET / REVIEW	13 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:30 TRADITIONAL	14 5:00 OPEN WORKOUT 6:30 SPARRING TECHS 7:15 TRADITIONAL	15 PLEASE NOTE TIME 5:00 OPEN WORKOUT 6:15 BAG	16 12:30 REVIEW
17 SCHOOL CLOSED NO CLASSES	18 5:00 OPEN WORKOUT 6:30 TRADITIONAL 7:30 SPARRING TECHS	19 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:30 TARGET / REVIEW	20 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:30 TRADITIONAL	21 5:00 OPEN WORKOUT 6:30 SPARRING TECHS 7:15 TRADITIONAL	22 PLEASE NOTE TIME 5:00 OPEN WORKOUT 6:15 BAG	23 12:30 REVIEW
24 SCHOOL CLOSED NO CLASSES	25 5:00 OPEN WORKOUT 6:30 TRADITIONAL 7:30 SPARRING TECHS	26 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:30 TARGET / REVIEW	27 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:30 TRADITIONAL	28 5:00 OPEN WORKOUT 6:30 SPARRING TECHS 7:15 TRADITIONAL	29 PLEASE NOTE TIME 5:00 OPEN WORKOUT 6:15 BAG	30 12:30 REVIEW