

October 2019

TEEN/ADULT

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>REMINDER</p> <p>BLACK BELT TEST SUNDAY, NOV 17TH</p> <p>BLACK BELT PRETEST COLOR BELT TEST OCTOBER 16TH</p>	<p>REMINDER</p> <p>SCHOOL CLOSED OCTOBER 31ST</p> <p>FULL UNIFORMS START OCTOBER 1ST</p>	<p>1</p> <p>12:00 OPEN WORKOUT 12:30 TRADITIONAL</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 TARGET / KICKING</p> <p>7:15 BEGINNERS</p>	<p>2</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 TRADITIONAL</p> <p>7:15 BODY PUMP</p>	<p>3</p> <p>12:00 OPEN WORKOUT 12:30 TRADITIONAL</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 SPARRING TECHS</p> <p>7:15 BEGINNERS</p>	<p>4</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 BAG</p>	<p>5</p> <p>1:00 REVIEW</p>
<p>6</p> <p>SCHOOL CLOSED</p> <p>NO CLASSES</p>	<p>7</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 BEGINNERS (YELLOW +)</p> <p>6:15 BLACK BELT</p> <p>7:30 SPARRING TECHS</p>	<p>8</p> <p>12:00 OPEN WORKOUT 12:30 TRADITIONAL</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 TARGET / KICKING</p> <p>7:15 BEGINNERS</p>	<p>9</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 TRADITIONAL</p> <p>7:15 BODY PUMP</p>	<p>10</p> <p>12:00 OPEN WORKOUT 12:30 TRADITIONAL</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 SPARRING TECHS</p> <p>7:15 BEGINNERS</p>	<p>11</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 BAG</p>	<p>12</p> <p>1:00 REVIEW</p>
<p>13</p> <p>SCHOOL CLOSED</p> <p>NO CLASSES</p>	<p>14</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 BEGINNERS (YELLOW +)</p> <p>6:15 BLACK BELT</p> <p>7:30 SPARRING TECHS</p>	<p>15</p> <p>12:00 OPEN WORKOUT 12:30 TRADITIONAL</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 TARGET / KICKING</p> <p>7:15 BEGINNERS</p>	<p>16</p> <p>COLOR BELT TEST</p> <p>BLACK BELT PRETEST</p> <p>7:00 TEENS/ADULTS</p> <p>NO CLASSES</p>	<p>17</p> <p>12:00 OPEN WORKOUT 12:30 TRADITIONAL</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 SPARRING TECHS</p> <p>7:15 BEGINNERS</p>	<p>18</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 BAG</p>	<p>19</p> <p>1:00 REVIEW</p>
<p>20</p> <p>SCHOOL CLOSED</p> <p>NO CLASSES</p>	<p>21</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 BEGINNERS (YELLOW +)</p> <p>6:15 BLACK BELT</p> <p>7:30 SPARRING TECHS</p>	<p>22</p> <p>12:00 OPEN WORKOUT 12:30 TRADITIONAL</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 TARGET / KICKING</p> <p>7:15 BEGINNERS</p>	<p>23</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 TRADITIONAL</p> <p>7:15 BODY PUMP</p>	<p>24</p> <p>12:00 OPEN WORKOUT 12:30 TRADITIONAL</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 SPARRING TECHS</p> <p>7:15 BEGINNERS</p>	<p>25</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 BAG</p>	<p>26</p> <p>1:00 REVIEW</p>
<p>27</p> <p>SCHOOL CLOSED</p> <p>NO CLASSES</p>	<p>28</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 BEGINNERS (YELLOW +)</p> <p>6:15 BLACK BELT</p> <p>7:30 SPARRING TECHS</p>	<p>29</p> <p>12:00 OPEN WORKOUT 12:30 TRADITIONAL</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 TARGET / KICKING</p> <p>7:15 BEGINNERS</p>	<p>30</p> <p>5:00 OPEN WORKOUT</p> <p>6:15 TRADITIONAL</p> <p>7:15 BODY PUMP</p>	<p>31</p> <p>NO CLASSES</p> <p>HAPPY HALLOWEEN!</p>	<p>REMINDER</p> <p>BLACK BELT TEST SUNDAY, NOV 17TH</p> <p>BLACK BELT PRETEST COLOR BELT TEST OCTOBER 16TH</p>	<p>REMINDER</p> <p>SCHOOL CLOSED OCTOBER 31ST</p> <p>FULL UNIFORMS START OCTOBER 1ST</p>