



September 2017

EAST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 CLOSED	5 Technique	6 Self Defense	7 Sparring	8 <u>Board Breaking</u> Bring a Friend Day	9 Technique Black Belt Meeting East
10	11 Technique	12 Self Defense	13 Sparring	14 Form	15 Technique	16 Self Defense
17	18 <u>Board Breaking</u> Bring a Friend Day	19 Sparring	20 Form Team Meeting West Side	21 Technique	22 Self Defense	23 Sparring
24	25 Sparring Master's Cup Draft - West	26 Form	27 Technique	28 <u>Board Breaking</u> Bring a Friend Day	29 Sparring	30 Form
1	2 Form	3 Technique	4 Self Defense	5 Sparring	6 Form	7 Belt Testing Tentative

Paik's After School Service - Register Today!

BBC Monday Night Sparring League - training has begun!

Nunchaku - COMING SOON to the East Side

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tots Class	5:15		5:15		5:15	9:30
Kids Novice	5:45	5:45	5:45		5:45	10:00
Kids Green Up		5:45	6:30	5:45	6:30	10:00
Teens (10+)	6:30	7:15	5:45	6:30	6:30	
Adult Class	6:30	7:15		6:30	6:30	11:30
Family Class				5:45	5:45	10:00
<u>Black Belt Club</u>		6:30	6:30	6:30	6:30	10:45
	BBC 6:00 West Side			Nunchaku Coming Soon!		Instructor Seminars East 1:30
	MC West 7:15					