



November

FITCHBURG

2690 Research Park Drive, 709-1444

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Board Breaking! Bring a Friend!	2 Combinations	3 Form
4	5 Applications Self Defense	6 Sparring	7 Combinations	8 Form	9 Sparring	10 Form
11 USAKF NATIONALS	12 Sparring CHIN GU START CAMP	13 Applications Self Defense CAMP	14 Form	15 Combinations	16 Applications Self Defense	17 Board Breaking! Bring a Friend!
18	19 Form	20 Combinations	21 Sparring CAMP	22 CLOSED Happy Thanksgiving!	23 CLOSED	24 CLOSED
25	26 Combinations	27 Applications Self Defense	28 Form	29 Sparring	30 Combinations	1 Applications Self Defense

CHIN GU CHALLENGE STARTS THE 12TH

New Bushido class "TONFA" begins 11/29 Check in office or call 608-999-0022

No School? No Problem! Camp on 12th, 13th & 21st!

Christmas Crunch & Belt Testing - Dec. 8th! EASTSIDE!!!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 & Under		5:45		5:45		10:00
Kids	5:45	5:00	5:00	5:00	5:15	10:30
Teens/Adults	7:15		6:30	6:15	6:00	11:15
Family	6:30		6:30		5:15	
Black Belt Club		6:15	5:45		6:00	

*Other Classes

7:00 *

12:00 *