



# September 2017

**WEST**

601 N. Whitney Way, 233-9999

[www.paiksmartialarts.com](http://www.paiksmartialarts.com)

[paikstmac@gmail.com](mailto:paikstmac@gmail.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	<b>CLOSED</b>	Technique	Self Defense	Sparring	Form	Technique <b>Black Belt Meeting East</b>
10	<b>Board Breaking</b> Bring a Friend Day	Self Defense	Sparring	Form	Technique	Self Defense
17	Self Defense	Sparring	<b>Board Breaking</b> <b>Team Meeting</b> <b>6:00 West Side</b>	Technique	Self Defense	Sparring
24	Sparring <b>Master's Cup</b> <b>Draft!</b>	Form	Technique	Self Defense	<b>Board Breaking</b> Bring a Friend Day	Form
1	Form	Technique	Self Defense	Sparring	Form	<b>Belt Testing</b> <b>Tentative</b>

**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 4-6 All Belts	4:30		4:45	5:15	4:45	10:00
Kids Yellow & Below	5:00	5:45	5:15	5:45		10:30
Kids Orange thru Blue	5:00	5:00	5:15	5:45		10:30
Kids Navy and Above		5:00	6:00	6:30		10:30
<b>Kids BBClub</b>	<b>6:00</b>	<b>5:00</b>	<b>6:00</b>	<b>6:30</b>		<b>11:15</b>
Teens 12+ All Belt		5:45	6:45	7:15	6:00	
Adults All Belts		7:15	6:45	7:15	6:00	12:00
<b>Teens/Adults BBC</b>	<b>6:00</b>	<b>6:30</b>		<b>6:30</b>	<b>6:00</b>	<b>11:15</b>
Family Class		5:45		5:45		12:00
	Masters Club 7:15	NOON CLASS		NOON CLASS	Girls Only 5:15	Instructor Seminars East 1:30
	BB Society 7:00					