



September 2018

WEST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Closed Labor Day	4 Sparring	5 <u>Combinations</u>	6 Applications Self Defense	7 Board Breaking! Bring a Friend!	NO CLASS BELT TESTING BBC/MC 1:00 PM
9	10 Form	11 Combinations	12 ALL CLASS AT FITCHBURG	13 Sparring	14 Combinations	15 Form
16	17 Applications Self Defense	18 Sparring	19 Combinations	20 Form	21 Applications Self Defense	22 Sparring
23	24 Combinations	25 <u>Form</u>	26 Sparring	27 Applications Self Defense	28 Form	29 Combinations
30						

Karate Portraits by HR Photographers 10th & 11th

NOW ENROLLING !!! AFTER SCHOOL PICKUP

Belt Testing 9/8 at Fitchburg at 10:30am!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOTS	4:45		4:45		4:45	10:00
Kids Novice - No Rank, White, Yellow, Orange	5:15	4:45	6:00		6:00	10:30
Kids Intermediates - Green Purple, Blue, Navy		4:45	6:00		6:00	10:30
Kids Advanced - Navy, Brown, Red, Red Stripe, Black		4:45	6:00		6:00	11:15
BB Club Kids	6:00*		5:15		6:00	11:15
Family Class		6:15		5:30		12:00
Teens (13-17)		7:00	6:45	6:15	6:45	11:15
Adults Low Ranks	5:15	7:00	6:45	6:15	6:45	11:15
Adults High Ranks		7:00	6:45	6:15	6:45	11:15
Teens/Adults BBC	6:00*	5:30		7:00*		11:15
Master's Club	7:00*	5:30		7:00*		
GIRLS ONLY					5:15	

*classes may be longer than the 45minutes.