



MONTHLY SCHEDULE – SEPTEMBER 2019

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	CLOSED	2	3	4	5	6
FORM & HAND TECHNIQUES WEEK						
8	9	10	11	12	13	14
KICKING TECHNIQUES & BREAKING BOARD WEEK						
15	16	17	18	19	20	21
SPARRING WEEK (YELLOW BELT & UP MUST BRING SPARRING GEAR!!)						
22	23	24	25	26	27	28
REVIEW WEEK						
29	30	October 1	2	TEST	3	TEST
					4	TEST
						5
REVIEW WEEK						