





















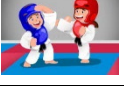

















TAEKWONDO				2024	SEPTEMBER	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2-Sep LABOUR DAY Closed	3 	4	5 	6 	7 	
9 	10	11 	12 	13 	14	
16 	17 	18 	19	20 	21	
23 	24 	25 	26 	27 TESTING NO CLASSES	28	
30 	1-Oct 	2-Oct 	3-Oct 	4-Oct	5-Oct	

- * Sparring classes are going to be for yellow belt and up ONLY
- * Before sparring class, make sure to put on all equipment EXCEPT chest guard and helmet
- * If you need to purchase equipment, ask one of the Masters for help
- * Sparring equipment is needed in order to learn proper techniques in the best way. Not only does it provide safety, it is also and Olympic regulation.
- * Nunchuck & Boxing class starts from GREEN belt and up

TAEKWONDO				2024	OCTOBER	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7 	8 	9 	10	11 	12	
14 THANKSGIVING Closed	15 	16 	17 	18 	19	
21 	22 	23 	24 	25 TESTING NO CLASSES	26	
28 	29 	30 	31 	1-Nov	2-Nov	
4-Nov 	5-Nov 	6-Nov 	7-Nov 	8-Nov	9-Nov	

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