

# FEBRUARY

# 2019



## Adult

Working out  
warms the  
body.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 Sparring & Tech	29	30 Sui Ken Do 7:45 Weapons Tonfa	31	1 Open Class	2 10:30 Sempai Strelitzer 9:30 Weapons Tonfa
3	4 Basics	5	6 Sui Ken Do 7:45 Weapons Bo	7	8 Open Class	9 10:30 Sempai Numrych 9:30 Weapons Bo
10	11 Self Defense	12	13 Kata & Application 7:45 Weapons Sai	14	15 Open Class	16 9:30 Black Belts 10:30 Sempai Gutierrez 8:30 Weapons Sai
17	18 Sui Ken Do	19	20 Sets 7:45 Weapons Sai/Bo	21	22 Open Class	23 10:30 Sempai Macdonald, M 9:30 Weapons Sai/Bo
24	25 Sets	26	27 Self Defense 7:45 Weapons Tonfa/Bo	28	1 Open Class	2 10:30 Sempai Kopczyk 9:30 Weapons Tonfa/ Bo