

October

2019

Juniors & Tiger Tots

HAPPY

HALLOWEEN!

Halloween Workout - October 31

6:00 pm – 7:00 pm

Both Juniors & Tiger Tots

No Regular Classes

- Don't forget to pick up your To-Do Lists.
- Saturdays are make-up classes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
Enthusiasm		Falls Self Defense		Sparring Kata		
6	7	8	9	10	11	12
Enthusiasm		Sparring Kata		Self Defense Sets		
13	14	15	16	17	18	19
Concentration		Kicking Combo Sets		Self Defense Kata		
20	21	22	23	24	25	26
Concentration		Sets Kata		Graduation Kicking Comb Spar Tech		
27	28	29	30	31	1	2
Halloween Safety		Falls Self Defense		Halloween Workout 6:00 – 7:00 pm		
3	4	5	6	7	8	9
Excellence		Sparring Kata		Self Defense Sets		