





Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday
(	04	03	02	01	30	29
	JULY	OF	4TH	НАРРУ	NO CLASSES	
1	11	10	09	08	07	06
	BLACK BELT BOOT CAMP	Basics & Forms	Basics & Forms	Basics & Forms	Basics & Forms	
	18	17	16	15	14	13
BLACK BELT BOOT		NERF WARS	Bo Staff	Bo Staff	Bo Staff	
	25	24	23	22	21	20
		Self Defense / ISS				
(	01	31	30	29	28	27
		KARATE IN THE PARK	Basics & Forms	Basics & Forms	Basics & Forms	