

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 Like US on fb			1 4pm - ALL BELTS 5pm - BLACK BELTS & BBC Only	2 10am - ALL BELTS 11am - SPARRING ALL BELTS
3 	4 	5 4pm - Beginners 5pm - Interm & Weapons 6pm - Advanced	6 4pm - Beginners 5pm - Intermediate 5pm - Advanced	7 4pm - Beginners 5pm - Interm & Sparring 6pm - Advanced	8 4pm - ALL BELTS 5pm - BLACK BELTS & BBC Only	9 10am - ALL BELTS 11am - SPARRING ALL BELTS
10 2pm - 3pm OPEN GYM	11 4pm - Beginners 5pm - Intermediate 5pm - Advanced	12 4pm - Beginners 5pm - Interm & Weapons 6pm - Advanced	13 4pm - Beginners 5pm - Intermediate 5pm - Advanced	14 4pm - Beginners 5pm - Interm & Sparring 6pm - Advanced	15 4pm - ALL BELTS 5pm - BLACK BELTS & BBC Only	16 10am - ALL BELTS 11am - SPARRING ALL BELTS
17 2pm - 3pm OPEN GYM	18 4pm - Beginners 5pm - Intermediate 5pm - Advanced	19 4pm - Beginners 5pm - Interm & Weapons 6pm - Advanced	20 4pm - Beginners 5pm - Intermediate 5pm - Advanced	21 4pm - Beginners 5pm - Interm & Sparring 6pm - Advanced	22 4pm - ALL BELTS 5pm - BLACK BELTS & BBC Only	23 10am - ALL BELTS 11am - SPARRING ALL BELTS
24 2pm - 3pm OPEN GYM	25 4pm - Beginners 5pm - Intermediate 5pm - Advanced	26 4pm - Beginners 5pm - Interm & Weapons 6pm - Advanced	27 4pm - Beginners 5pm - Intermediate 5pm - Advanced	28 4pm - Beginners 5pm - Interm & Sparring 6pm - Advanced	29 4pm - ALL BELTS 5pm - BLACK BELTS & BBC Only	30 10am - ALL BELTS 11am - SPARRING ALL BELTS
		Key: BEGINNER Belt Ranks: White to Green Tip	Key: INTERMEDIATE Ranks: Green to Blue Belt	Key: ADVANCED Ranks: Red Tip to Black Belt		

TKD

Rules for Open Gym:
Must be signed up for unlimited attendance.
Students under 16 must have an adult with them at all times.

Rules for Sparring classes:
Must have complete approved sparring gear to participate.
INCLUDING MOUTH PIECE

Uniform:
Must have complete approved CMAA Uniform to participate in classes.
WHITE tank tops may be worn under the Dobok.