



August 2017

EAST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 ATWOODFEST	31 Sparring	1 <u>Board Breaking</u> Bring a Friend Day	2 Technique	3 Self Defense	4 Sparring	5 Form Black Belt Meeting - EAST
6	7 Form	8 Technique Devil's Lake	9 Self Defense	10 Sparring	11 Form	12 Technique
13	14 Technique	15 Self Defense	16 <u>Board Breaking</u> Bring a Friend Day	17 Form	18 Technique	19 Self Defense
20	21 Self Defense	22 Sparring	23 Form	24 Technique	25 Self Defense	26 <u>Board Breaking</u> Bring Friend BB Testing
27	28 Sparring	29 Form	30 Color Belt Test East Side 5:30	31 Self Defense	1 CLOSED	2 CLOSED

Paik's After School Service - Register Today!

Devil's Lake Super Trip - August 8th, space is limited

Belt Testing - East Side, Wednesday August 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tots Class	5:15		5:15		5:15	9:30
Kids Novice	5:45	5:45	5:45		5:45	10:00
Kids Green Up	6:30	5:45		5:45	6:30	10:00
Teens (10+)	6:30	7:15	5:45	5:45	6:30	
Adult Class	6:30	7:15		6:30	6:30	11:30
Family Class	5:45				5:45	10:00
Black Belt Club		6:30	6:30	6:30	6:30	10:45
	BBC 6:00 West Side			Girls Class 5:45		Instructor Seminars East 1:30
	MC West 7:15					