



# October

FITCHBURG

2690 Research Park Drive, 709-1444

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sparring	2 Combinations	3 Applications Self Defense	4 Form	5 Sparring	6 Board Breaking! Bring a Friend!
7	8 Applications	9 Sparring	10 Form	11 Applications Self Defense	12 Sparring	13 Combinations
14	15 Applications Self Defense	16 Form	17 Sparring	18 Form	19 Applications Self Defense	20 Sparring
21	22 Sparring	23 Applications Self Defense	24 Combinations	25 Sparring	26 Board Breaking! Bring a Friend!	27 Form
28	29 Combinations	30 Sparring	31 Form Happy Halloween!			

**Masters Cup Starts October 1 at WEST!**

**Color Belt Testing Oct. 27th**

**Halloween Bash Mini Tournament 27th**

Pre Testing week 8th-26th

**November 11th! NATIONAL KARATE CHAMPIONSHIPS!!!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 & Under		5:30		5:45		10:00
Kids	4:30	4:45	5:00	4:00	5:30	10:30
Teens/Adults	7:15		6:30	6:15	6:15	11:15
Family	6:30		6:30		5:30	
<b>Black Belt Club</b>			5:45		6:15	

Cardio Kickboxing

7:00

12:00