



August 2017

WEST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 ATWOODFEST	31 Self Defense	1 <u>Board Breaking</u> Bring a Friend Day	2 Form	3 Technique	4 Self Defense	5 Sparring Black Belt Meeting - EAST
6	7 Sparring	8 Form Devil's Lake	9 Technique	10 Sparring	11 <u>Board Breaking</u> Bring a Friend Day	12 Form
13	14 Form	15 Technique	16 Sparring	17 Form	18 Technique	19 <u>Board Breaking</u> Bring a Friend Day
20	21 Technique	22 Self Defense	23 Form	24 Technique	25 Self Defense	26 Sparring Black Belt Testing
27	28 Self Defense	29 Form	30 Color Belt Test East Side 5:30	31 <u>Board Breaking</u> Bring a Friend Day	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 4-6 All Belts	4:30		4:30	5:15	4:30	10:00
Kids Yellow & Below	5:00	5:45	5:00	5:45		10:30
Kids Orange thru Blue	5:00	5:00	5:00	5:45		10:30
Kids Navy and Above		5:00	5:45	6:30		10:30
Kids BBClub	6:00	5:00	5:45	6:30		11:15
Teens 12+ All Belt	7:15	5:45		7:15	5:45	11:15
Adults All Belts	7:15	7:15		7:15	5:45	12:00
Teens/Adults BBC	6:00	6:30		6:30	5:45	11:15
Family Class		5:45		5:45		12:00
	Masters Club 7:15	NOON CLASS		NOON CLASS	Girls Only 5:00	Instructor Seminars East 1:30
	BB Society 7:00					