



# OCTOBER 2017



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>  TT: Control	<b>3</b>	<b>4</b> <b>Special Class</b> Defense Drill Skills 6:30 pm	<b>5</b>	<b>6</b>  TT: Fitness	<b>7</b> 3 <sup>rd</sup> Stripe Black 1 <sup>st</sup> Stripe White/BB
<b>8</b>	<b>9</b> 2 <sup>nd</sup> Stripe Black/BB Purple Stripe  TT: Coordination	<b>10</b> 2 <sup>nd</sup> Stripe Black/BB Purple Stripe	<b>11</b> 2 <sup>nd</sup> Stripe Black/BB Purple Stripe	<b>12</b> 2 <sup>nd</sup> Stripe Black/BB Purple Stripe	<b>13</b>  TT: Memory	<b>14</b> <b>White Stripe Exam</b> See exam schedule for times and training classes.  <b>Instructor Workshop</b> 8:15 am
<b>15</b>	<b>16</b>  TT: Teamwork	<b>17</b> <b>Share the Art Day</b> (Bring a friend to train with you in class)	<b>18</b>	<b>19</b>	<b>20</b>  TT: Balance	<b>21</b> <b>Halloween Sleep Over Party</b> Drop Off @ 6:13 pm  <b>Regular Class Schedule Today!</b>
<b>22</b> <b>Halloween Sleep Over Party Pickup</b> Pick Up @ 8:13 am	<b>23</b> 1 <sup>st</sup> Stripe White 3 <sup>rd</sup> Stripe Black/BB  TT: Focus	<b>24</b> 1 <sup>st</sup> Stripe White 3 <sup>rd</sup> Stripe Black/BB	<b>25</b> 1 <sup>st</sup> Stripe White 3 <sup>rd</sup> Stripe Black/BB	<b>26</b> 1 <sup>st</sup> Stripe White 3 <sup>rd</sup> Stripe Black/BB	<b>27</b>  TT: Control	<b>28</b> <b>Costume Day!</b> Training friendly costumes can be worn in classes and all students get a TREAT!
<b>29</b>	<b>30</b> <b>Instructor Class</b> 7:30 pm  TT: Fitness	<b>31</b>  STUDIO CLOSED	<ul style="list-style-type: none"> <li>• <b>Share the Art Day is Tuesday, Oct 17<sup>th</sup>. Help someone you know experience the wonderful benefits of Choi Kwang-Do!</b></li> <li>• <b>Halloween Sleep Over Party is Saturday, Oct 21 to Sunday, Oct 22! We are filling up fast! Reserve your space today! NOTE - We will have a normal class schedule for Saturday Oct 21<sup>st</sup>.</b></li> <li>• <b>Our next Pattern Pyramid Boot Camp is Sunday, Nov 5<sup>th</sup>. See flyer for details!</b></li> </ul>			