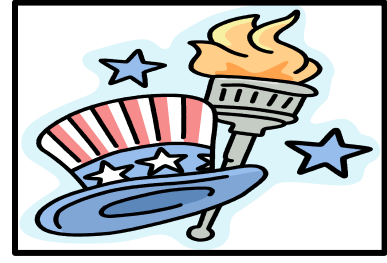





JULY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
SPARRING WEEK Bring Equipment	1 NOW ENROLLING For B4 & After School for the Fall 2024 in the My Studio App under Memberships	2	3 BB Exam App & Fee DUE	4 CLOSED- NO CLASSES 	5 @LBE FO Leadership Class 8PM Staff Meeting 8:30PM	6
7 BASICS WEEK Bring Gloves	BRING A FRIEND & BREAK A BOARD WEEK Please arrive 15 min early with your friend and <u>their</u> parent. Guests must be new students who have never taken an LBE class and reside within NOVA area. You get a RED Star and Gift Certificate; Your friend gets 1 MONTH of Free Lessons Friends need to register in My Studio under BAF Trials					13 @LBE FO BB Exam 6PM Good Luck Candidates
14 FORMS WEEK Full Uniform & Belt Stretchers	15	16 @FO Black Belts Bring Bo Staffs	17	18 @SR Black Belts Bring Bo Staffs	19 BOPPER SPARRING Parent's Night Out Party 7:30-10:30PM \$25/child—\$20/BBC Includes Cheese pizza, Fun/games, & a Movie. Invite you friends!	20 @LBE FO Self Defense 5-5:45PM \$10 NON-BBC & Friends FREE BBC
21 SPARRING WEEK Bring Equipment	22	23	24	25	26 @LBE SR 4th Stripe Testing 5:45 WHITE-BLUE ALL AGES NO CLASSES 6:30-8:30PM Be prepared: Full Uniform, Equipment, ITP, Report Card, Written Exams TKD PICTURE DAY @SR	27 @LBE FO 4th Stripe Testing Be prepared: Full Uniform, Equipment, ITP, Report Card, Written Exams TKD PICTURE DAY @SR REGULAR CLASSES
28 BASICS WEEK Bring Gloves	29	30	31	8/1 TKD Picture Day @FO	8/2 @LBE FO Leadership Class 8PM Staff Meeting 8:30PM TKD PICTURE DAY @FO Staff Pictures 8-9PM	8/3 TKD PICTURE DAY @FO REGULAR CLASSES



E-mail: LBETKD@yahoo.com
www.LBETKD.com

COMING SOON:

- 8/1-8/3 TKD Picture Day @FO
- 8/2 Leadership 8PM @FO
- 8/2 Staff Meeting 8:30PM @FO
- 8/10 OPEN HOUSE for our Before & AfterSchool Program LBE SR @11:00AM LBE FO @5:00PM
- 8/16 Parent's Night Out 7:30PM
- 8/23 4th Stripe Testing @SR
- 8/24 4th Stripe Testing @FO
- 8/30- 9/2 SCHOOL CLOSED for Labor Day Weekend Holiday
- 9/6 Leadership 8PM @FO
- 9/6 Staff Meeting 8:30PM @FO

NEWS:

- Email Newsletter: If you would like to subscribe, please email us or give your info to the office. If you have enrolled and are still not receiving our newsletter, please send us an email.
- Rate Our School: PARENTS & STUDENTS... please give Us a positive REVIEW on YELP and GOOGLE. Help us reach out to our community! You can find the links in My Studio under the 3 menu bars. Thank you!