



# August 2008

**Civic Holiday**

No Classes Sat. Aug 2nd - Mon. Aug. 4th  
 Regular classes on Tuesday Aug. 5th.

**Open Train**

Tuesday 6-7 pm will be Open train for the  
 Remainder of the Summer. This is a non-  
 instructor lead session.

**Summer Break**


There will be no classes from  
 August 23rd - Monday Sept 1st so that our  
 staff can spend time with their  
 Families for the last week of summer.  
 Regular classes start again on Tuesday  
 Sept 2nd.

**Formal Grading**

**Saturday August 16th 10:45 am**  
 Please ensure you sign up at least a week  
 prior so that we can be sure your belt will  
 be here.

**Upcoming Events  
 September 2008**

Board Breaking Seminar Sept. 20th  
 Kids 10:45-11:45 am  
 Adults 12:00-1:15 pm  
 Black Belt Invitations Sept 11th  
 Black belt Grading Nov. 29th  
 Formal Grading Sat. Sept 27th  
 10:45 am  
 Tuesday's 6:05-7:00 pm  
 Cardio Class every week  
 No uniform, hand wraps and Bag  
 Gloves

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 A No Classes
3	4 B No Classes Civic Holiday	5 C Open Train 6-7 pm	6 D	7 A Cardio Kickboxing 12:10-12:50 pm Stripe Grading 1-2 pm	8	9 B
10	11 C Yoga 7:30-9 pm	12 D Open Train 6-7 pm	13 A Stripe Grading 7-8 pm	14 B Cardio Kickboxing 12:10-12:50 pm Stripe Grading 1-2 pm	15	16 C Formal Grading 
17	18 D Cardio Kickboxing 12:10-12:50 pm	19 A Open Train 6-7 pm	20 B	21 C Cardio Kickboxing 12:10-12:50 pm Stripe Grading 1-2 pm	22	23 D No Classes Summer Break
24	25 A	26 B	27 C	28 D	29	30

## Summer Break



No Classes August 23rd - Sept 1st. Regular Classes begin Tuesday Sept. 2nd