

February 2008

Ph:869 -0111

Padded Weapons
 Fridays starting Feb 1st
 Kids 4:00 - 4:45 pm Adult 5:00-5:45 pm
 Black Belt Club training.

Bully Seminar 10 Spaces
Friday Feb 1st 4:15 pm—5:30 pm
 Kids aged 6-12 years (open to the public)
 Investment \$49.95 BBC\$39.95

Leadership Team Meeting
 Monday Feb. 11th 7:05 pm



Yoga Classes
 Starting Monday Feb. 4th with Mike Christy, this is included in your fees.

Men's Self Defence 10spaces
 Open to the public,
 investment of \$139.95
 includes 6 weeks of training and uniform.

Breaking Seminar 15 Spaces
 Saturday Feb 16th
 Kids 10:45 - 11: 55 Adults 12:00-1:25
 Investment \$49.95 BBC \$39.95

Formal Grading
Saturday Feb 23rd 10:45 am
 Please ensure you sign up at least a week prior so that we can be sure your belt will be here.

Buddy Night
Wednesday Feb. 27th
 Bring your friends and family in for a train with you.

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Padded weapons Kids 4:00-4:45 Adult 5:00-5:45 Bullying Seminar 4:15-5:30 pm	2 Private Lesson Kelan Cornfield Stripe Grading 10:45-11:15 am
3 KMAS 8 week program begins	4 Yoga 10-11 am D	5 Black Belt Class 6-7 pm A	6 Stripe Grading 7-8 pm B	7 Yoga 10-11 am Stripe Grading 1-2 pm C	8 Padded weapons Kids 4:00-4:45 Adult 5:00-5:45	9 Private Lesson Lindsey Tetlock Stripe Grading 10:45-11:15 am D
10	11 Yoga 10-11 am Leadership Meeting 7:05 pm  A	12 Men's Self- Defense 6-7 pm Cardio Cla B	13 Stripe Grading 7-8 pm C	14 Yoga 10-11 am Stripe Grading 1-2 pm D	15 Padded weapons Kids 4:00-4:45 Adult 5:00-5:45	16 Private Lesson Sherri Finch Breaking Seminar A
17	18 Yoga 10-11 am B	19 Black Belt Class Contact Sparring 6-7 pm C	20 Stripe Grading 7-8 pm D	21 Yoga 10-11 am Stripe Grading 1-2 pm A	22 Padded weapons Kids 4:00-4:45 Adult 5:00-5:45	23 Private Lesson Mike Peterson Formal Grading  B
24	25 Yoga 10-11 am C	26 Cardio Class 6-7 pm D	27 Stripe Grading 7-8 pm Buddy Night Kids 4:00-4:45 pm Adult 5:15 - 6:05 A	28 Yoga 10-11 am Stripe Grading 1-2 pm B	29 Padded weapons Kids 4:00-4:45 Adult 5:00-5:45	