



January 2008

Ph:869 -0111

January 2008

New Classes

Supervised Circuit Cardio Training

6:05-7:00 pm one the 2nd & 4th
 Tuesdays of the month

Purple - High Blue Belt Class

Weds 6:05-6:50 pm

Leadership Meeting

Monday Jan. 14th 7:05

Instructor training

Formal Grading

Sat. Jan 26th 10:40 am

Make sure you have your three stripes

COVAR Self Defense

Saturday Jan. 19th
 Adults 10:30-12:00 pm
 Cost \$49.95 - BBC \$39.95

Open House

Weds. Jan. 30th 5:15 - 6:00 pm
 Bring your family and friends to have a
 train with you.

Ladies Self Defence 102


Wed. Jan 29th, 2008
 Second Level - Red Man Suit
 3 week course Cost: \$139.95

Bully Buster Seminar

February 1st 4-5:30 pm
 Cost: \$39.95

Mens Self-Defense 101

3 week course Starting Wed. Mar. 11th
 Basic Course Cost: \$139.95

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		Rotating Curriculum A-Basic Skills B-Pattern Four Direction C-Sparring D-Self-Defense	Stripe Grading 6-7 pm A	Stripe Grading 1-2 pm B		Private Lessons Will Pratt Stripe Grading 10-11 am C
6	7	8	9	10	11	12
			Cardio 6-7 pm A	Stripe Grading 6-7 pm B	Stripe Grading 1-2 pm C	Private Lessons Linda Decker Stripe Grading 10-11 am D
13	14	15	16	17	18	19
	 Leadership Meet- A	Open Training 6-7 pm B	Stripe Grading 6-7 pm C	Stripe Grading 1-2 pm D		Private Lessons Mohit Anand COVAR Self-Defense Seminar A
20	21	22	23	24	25	26
				Stripe Grading 1-2 pm A		Private Lessons Kevin Gourlay Formal Grading 10:40 am B
27	28	29	30	31		
		Ladies Self Defence 102 6-7 pm C	Buddy Night 5:15-6:00 pm Stripe Grading 6-7 pm A	Stripe Grading 1-2 pm B		