



FEBRUARY 2016

“Black Belt Success!”

BO MONTH for LEADERSHIP!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 WEEK 1 SPARRING/ SPAR SETS!!	1 PLEASE HAVE GEAR ON <u>BEFORE</u> CLASS BEGINS!	2 PLEASE HAVE GEAR ON <u>BEFORE</u> CLASS BEGINS!	3 PLEASE HAVE GEAR ON <u>BEFORE</u> CLASS BEGINS!	4 PLEASE HAVE GEAR ON <u>BEFORE</u> CLASS BEGINS!	5	6
7 WEEK 2 Performance- KICKS/ COMBO’S/	8	9	10	11	12	13 Valentines Parents Nite Out!! 6-10pm
14 WEEK 3 SELF DEFENSE DRILLS! :-)	15 MOM/DAD VALENTINE WORKOUT!	16 MOM/DAD VALENTINE WORKOUT!	17 MOM/DAD VALENTINE WORKOUT!	18 MOM/DAD VALENTINE WORKOUT!	19	20 Book Ka- rate B-Day Party Here! Ask Us Today!
21 WEEK 4 KATA/ FORMS/ STANCES!	22 Teach a Neighbor your Kata!	23 Teach a Neighbor your Kata!	24 Teach a Neighbor your Kata!	25 Teach a Neighbor your Kata!	26 Glow Chuck Seminar! W-B 6:00-7:00PM R-BLK 7:00-8PM REGISTER!	27
28 WEEK 1 SPARRING/ SPAR SETS!!	29 PLEASE HAVE GEAR ON <u>BEFORE</u> CLASS BEGINS!	1 PLEASE HAVE GEAR ON <u>BEFORE</u> CLASS BEGINS!	2 PLEASE HAVE GEAR ON <u>BEFORE</u> CLASS BEGINS!	3 PLEASE HAVE GEAR ON <u>BEFORE</u> CLASS BEGINS!	4	5 Book Karate B-Day Party Here! Ask Us Today!