



November 2023

"Attitude"



SUN	MON	TUE	WED	THU	FRI	SAT
29 Week 1 SPARRING/ COMBO'S	30	31 HALLOWEEN ACADEMY CLOSED	1 Pls have gear on BEFORE class begins! Grn & Above Bring Sparring Gear	2 Pls have gear on BEFORE class begins! Grn & Above Bring Sparring Gear	3 Demo Team Practice (ask how YOU can join!!)	4 Book your Birthday Party HERE!
5 Week 2 SELF DEFENSE	6 Bring a Friend to class!	7 Bring a Friend to class!	8 Bring a Friend to class!	9 Bring a Friend to class!	10 DEMO TEAM AUDITIONS REGISTER & JOIN THE TEAM!!!	11 Book your Birthday Party HERE!
12 TEST AND GRADUATION REVIEW! Test Theme: Sparring!	13 IN CLASS TEST REVIEW Grn & Above Bring Sparring Gear	14 IN CLASS TEST REVIEW Grn & Above Bring Sparring Gear	15 Testing & Grad! 6-7:15 pm 7:15-7:45 pm Party! No Reg Classes	16 Testing & Grad!! 6-7:15 pm 7:15-7:45 pm Party! No Reg Classes	17 Demo Team Practice (ask how YOU can join!!)	18 Book your Birthday Party HERE!
19 Week 3 Holiday SALE & Boot Camps!	20 Special Classes: Boot Camps! 5-5:45 pm 5:45-6:30 pm	21 Special Classes: Boot Camps! 5-5:45 pm 5:45-6:30 pm	22 THANKSGIVING HOLIDAY ACADEMY CLOSED	23 THANKSGIVING HOLIDAY ACADEMY CLOSED	24 THANKSGIVING HOLIDAY ACADEMY CLOSED	25 THANKSGIVING HOLIDAY ACADEMY CLOSED
26 Week 4 Performance Drills/Shields/ Sets	27 Bring a Friend to class! Grn & Above Bring Sparring Gear	28 Bring a Friend to class! Grn & Above Bring Sparring Gear	29 Bring a Friend to class! Grn & Above Bring Sparring Gear	30 Bring a Friend to class! Grn & Above Bring Sparring Gear	1 Demo Team Practice (ask how YOU can join!!)	2 Reg. classes in the morning. Make Up Test 11:15-Noon