



SUN	MON	TUE	WED	THUR	FRI	SAT
Self Defense Pattern Sparring B-Kick B-Hand A-Basic B-Punch	1 CLUB CLOSED	2	3	4	5	6
7	8	9	10	11	12	13 13 th Colour Belt Test
- Summer Camp Week #1 (classes ongoing) -						
Stripe Week / Testing Review Week						
14	15 13 th Belt Presentation	16	17	18	19	20
- Summer Camp Week #2 (classes ongoing) -						
21	22	23	24	25	26	27
- Summer Camp Week #3 (classes ongoing) -						
28	29	30	31	1	2	3 BBQ PARTY CLUB CLOSED
- Summer Camp Week #4 (classes ongoing) -						
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)						

KICKING & SPARRING WEEK

MON, JUL 29 – FRI, AUG 2

(Green St & Up, Must bring gear)

131st COLOUR BELT TESTING

TEENS & ADULTS	FRI, JULY 12 @ 8:30 PM
TIGER TOTS	SAT, JULY 13 @ 2:00 PM
Jr. WHITE & YELLOW	SAT, JULY 13 @ 2:45 PM
Jr. GREEN ST & GREEN	SAT, JULY 13 @ 3:45 PM
Jr. BLUE ST & UP	SAT, JULY 13 @ 4:45 PM

SIBLING'S MONTH PROMOTION

JULY 1 – JULY 31

- FREE Membership and T-shirt for siblings aged 4 and up

*Register at the Front Desk (New Members only)

July 1, 2024

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Happy 12th Anniversary

CANADA DAY SCHOOL CLOSURE

MON, JULY 1

(No make-up class for holiday closure)

131st BELT PRESENTATION

MONDAY, JULY 15

5:45 PM – 7:15 PM

- * Receiving new belts, certificates and awards
- * Please wear a full white uniform and current belt

(No Classes for Jr. YELLOW & UP, TEENS & ADULTS)