

SUN	MON	TUE	WED	THU	FRI	SAT				
<table border="1"> <tr><td>Self Defense</td></tr> <tr><td>Pattern Sparring</td></tr> <tr><td>B-Kick B-Hand</td></tr> <tr><td>A-Basic B-Punch</td></tr> </table>	Self Defense	Pattern Sparring	B-Kick B-Hand	A-Basic B-Punch	30	1	2	3	4	5
Self Defense										
Pattern Sparring										
B-Kick B-Hand										
A-Basic B-Punch										
6	7	8	9	10	11	12 BB Seminar 1				
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)										
13	14 Thanksgiving Day - School Closed -	15	16	17	18	19 BB Seminar 2				
20	21	22	23	24	25	26 BB Seminar 3				
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)										
27	28	29	30	31 Halloween Costume Class	1	2 BB Seminar 4 Black Belt Test				

KICKING & SPARRING WEEK

MON, OCT 07– SAT, OCT 12
 MON, OCT 21– SAT, OCT 26
 (Green St & Up, Must bring gear)

HALLOWEEN COSTUME CLASS

THU, OCT 31
 WHERE: Cornwall Location
 TIME: Your regular class time
 *Reserve your spot at the Zen Planner

SCHOOL CLOSURE

MON, OCTOBER 14
 *In observance of Thanksgiving Day
 (No makeup class for holiday closure)

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 journey with us!