

CORNWALL NEWSLETTER

2024 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
Self DefensePatternSparringB-KickB-HandA-BasicB-Punch	30	1	2	3	4	5
6	7	8	9	10	11	12 BB Seminar 1
	KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)					
13	14 Thanksgiving Day	15	16	17	18	19 BB Seminar 2
	- School Closed -					
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

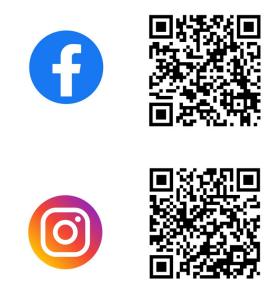
SCHOOL CLOSURE

MON, OCTOBER 14

*In observance of Thanksgiving Day (No makeup class for holiday closure)

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