



# November 2023

| Sun | Mon    | Tue                                 | Wed | Thu | Fri | Sat   |
|-----|--------|-------------------------------------|-----|-----|-----|---|
|     | Oct 30 | <b>Closed<br/>for<br/>Halloween</b> | 1   | 2   | 3   | 4   |
|     |        | <i>KICKS / SPARRING</i>             |     |     |     |   |
| 5   | 6      | 7                                   | 8   | 9   | 10  | 11  |
|     |        | <i>BLOCKS / SELF-DEFENSE</i>        |     |     |     |   |
| 12  | 13     | 14                                  | 15  | 16  | 17  | 18  |
|     |        | <i>TECHNICAL &amp; CARDIO</i>       |     |     |     |   |
| 19  | 20     | 21                                  | 22  | 23  | 24  | 25  |
|     |        | <i>PATTERNS / POOMSAE</i>           |     |     |     |   |
|     |        |                                     |     |     |     | <b><u>Grading</u></b><br>9:30 am<br>1:30 pm |
| 26  | 27     | 28                                  | 29  | 30  |     |   |
|     |        | <i>KICKS / SPARRING</i>             |     |     |     |   |