



July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Closed</i> <i>Canada Day</i>	2	3	4	5	6
		<i>BLOCKS & SELF-DEFENSE</i>				
7	8	9	10	11	12	13
		<i>TECHNICAL & CARDIO</i>				
14	15	16	17	18	19	20
		<i>PATTERNS / POOMSAE</i>				
21	22	23	24	25	26	27
		<i>KICKS & SPARRING</i>				
28	29	30	31			
		<i>BLOCKS & SELF-DEFENSE</i>				