



# September 2024

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