



October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
		<i>TECHNICAL & CARDIO</i>					
6	7	8	9	10	11	12	
		<i>PATTERNS / POOMSAE</i>					Closed <i>Thanksgiving weekend</i>
13	14	15	16	17	18	19	
	Closed <i>Thanksgiving</i>	<i>SPARRING / KYURUGI</i>					
20	21	22	23	24	25	26	
	<i>SELF-DEFENSE / HOSHIN SOOL</i>					Gradings <i>9:30 Beginners 1:30 Int/Adv</i>	
27	28	29	30	31			
	<i>TECHNICAL &</i>			Closed <i>Halloween</i>	<i>CARDIO</i>		