



February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>TECHNICAL & CARDIO</i>				1
2	3	4	5	6	7	8
		<i>PATTERNS / POOMSAE</i>				
9	10	11	12	13	14	15
		<i>SPARRING / KYURUGI</i>				
16	17 <i>Closed for Family Day</i>	18	19	20	21	22 <u>Grading</u> 9:30 am 1:30 pm
		<i>SELF-DEFENSE / HOSHIN SOOL</i>				
23	24	25	26	27	28	
		<i>TECHNICAL & CARDIO</i>				