

September 2026

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