CAMBRIDGE TAEKWONDO ACADEMY

November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 KICKS & SPARRING	4	5	6	7
8	9	10 BLOCKS & SELF-DEFENSE	11	12	13	14
15	16	17 PATTERNS / POOMSAE	18	19	20	21
22	23	24 KICKS & SPARRING	25	26	27	28 **Grading** 9:30 am 1:30 pm
29	30	Dec 1 BLOCKS & SELF-DEFENSE	2	3	4	5