

SEPTEMBER



NAM'S MARTIAL ARTS

Tae Kwon Do Studio

SUN	MON	TUE	WED	THU	FRI	SAT
		1 POOMSAE	2 KICKING DRILLS	3 SPARRING	4 SELF - DEFENSE	5 (CLOSED)
6	7 (CLOSED) 	8 SPARRING	9 POOMSAE	10 POOMSAE	11 KICKING DRILLS	12 SELF - DEFENSE
13	14 POOMSAE	15 POOMSAE	16 SPARRING	17 KICKING DRILLS	18 SELF - DEFENSE	19 KICKING DRILLS
20	21 SPARRING	22 KICKING DRILLS	23 POOMSAE	24 POOMSAE	25 SPARRING	26 BELT TEST
27	28 POOMSAE	29 POOMSAE	30 KICKING DRILLS			

BELT TEST TIME	CLASS TYPE	EVENTS
W, Y, O – 9:00 am G, B, P/S – 9:30 am R, BR – 10:30 am SEMI, BLACK - 11:30 am	POOMSAE SPARRING KICKING DRILLS SELF - DEFENSE	- Birthday Party Reservation - CLOSED (9/5 - 9/7) Labor Day Weekend

