



APRIL ACTIVITIES

TEAM OLYMPIC TRAINING EVERY MON., WED., FRI.

Mon/Wed/Fri/ 7:00- 8:00

Date	Time	Activity
Tue. Apr.1 st	6:00-7:00	Tae-Bo Class
Thur.Apr.3 rd	7:00-8:00 8:00-8:30	Shanai class Black Belts Class Only
Fri / Sat. Apr. 4 th / 5 th	Fri. 6:00pm To Sat.2:00pm	Over Night Taekwondo Training Camp
Tue. Apr.8 th	6:00-7:00	Tae-Bo class
Thur.Apr.10 th	6:00-7:00 7:00-8:00 8:00-8:30	Hapkido grappling Shanai class Black Belt Class WTF/ ITF forms
Mon. Apr.14 th	7:00-8:00	Match Tool scoring system
Tue. Apr.15 th	6:00-7:00	Tae-Bo Come Join us
Thur.Apr.17 th	6:00-7:00 7:00-8:00 8:00-8:30	Hapkido Grappling Shanai Black Belt ITF forms
Tue. Apr.22 nd	6:00-7:00	Tae-Bo Class
Thur.Apr.24 th	6:00-7:00 7:00-8:00 8:00-8:30	Hapkido (Tap out) Shanai Black Belt Class
Fri.Apr.25th		<u>The Taekwondo School will be Closed</u> <u>Team Olympic will be going to Orlando for the</u> <u>State Qualifier.</u>
Tue.Apr. 29 th	6:00-7:00	Tae-Bo Class come and join us