



AUGUST ACTIVITIES
TEAM OLYMPIC TRAINING EVERY MON., WED., FRI.
Mon/Wed/Fri/ 7:00- 8:00

Date	Time	Activity
Tue.Aug 5 th	5:00-6:00 6:00-7:00 7:00-8:00	Forms and Hapkido Class Tae-Bo Class Black Belts Only Class (MANDATORY)
Thur.Aug 7 th	5:00-6:00 6:00-7:00 7:00-8:00	Forms and Breaking Class Hapkido Grappling Shanai Contact Class
Mon.Aug 11 th	6:00-7:00	Forms Class (ITF)
Tue.Aug 12 th	5:00-6:00 6:00-7:00 7:00-8:00	Forms Tae-Bo Class Black Belts Only Class (MANDATORY)
Wed.Aug 13 th	6:00-7:00	Forms Class (ITF)
Thur.Aug 14 th	5:00-6:00 6:00-7:00 7:00-8:00	Forms Hapkido Grappling Shanai Contact Class
Sat.Aug 16 th	6:00-11:00	VIDEO GAME NIGHT
Mon.Aug 18 th	6:00-7:00	Forms Class (ITF)
Tue.Aug 19 th	5:00-6:00 6:00-7:00 7:00-8:00 8:00-8:45	Forms Tae-Bo Class Black Belts Only Class (MANDATORY) NEW ADULT CLASS
Thur.Aug 21 st	5:00-6:00 6:00-7:00 7:00-8:00 8:00-8:45	Forms Class Grappling(Tap Out) Shanai Class NEW ADULT CLASS
Tue.Aug 26 th	5:00-6:00 6:00-7:00 7:00-8:00	Forms Tae-Bo Class Black Belts Only Class (MANDATORY)
Thur.Aug 28 th	5:00-6:00 6:00-7:00 7:00-8:00	Forms and Breaking Class Hapkido Grappling Shanai Contact Class

“Home of Team Olympic”