



DECEMBER ACTIVITIES

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

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

Sat.as stated on activity sheet

Date	Time	Activity
Mon. Dec. 3 rd	7:00-8:00	Coach's and Officials Clinic "Team Olympic Sparring"
Tue. Dec. 4 th	6:00-7:00	Tae-Bo Night
Wed. Dec. 5 th	7:00-8:00	Coaches and Officials Clinic "Team Olympic Sparring"
Sat. Dec. 8 th	10:00-3:00	DEJESUS TAEKWONDO HOLIDAY PARTY
Mon. Dec. 10 th	7:00-8:00	Coach's and Officials Clinic "Team Olympic Sparring"
Tue. Dec. 11 th	6:00-7:00	Tae-Bo Night
Wed. Dec. 12 th	7:00-8:00	Coach's and Officials Clinic "Team Olympic Sparring"
Sat. Dec. 15 th	10:00-2:00	Team Olympic Sparring Clinic (At Master Suarez)
Mon. Dec. 17 th	7:00-8:00	Coach's and Officials Clinic "Team Olympic Sparring"
Tue. Dec. 18 th	6:00-7:00	Tae-Bo KICKBOXING NIGHT
Wed. Dec. 19 th	6:00-8:00	Coach's and Officials Clinic "Team Olympic Sparring"
Sat. Dec. 22 nd	11:00-12:00 12:00-1:00 1:00-2:00 2:00-3:00 3:00-4:00	Sword Class (Black Belts Only 15yr+ only) Black Belt Only Class Forms Class Sparring Class Combaton Practice "IN SCHOOL"
Dec 24 th -Jan 1 st		SCHOOL CLOSED FOR HOLIDAY (open Jan 2 nd)

Happy Holidays
From
De Jesus Taekwondo