



## FEBRUARY ACTIVITIES

**TEAM ITF FORMS TRAINING EVERY MON., WED.**

Mon/Wed/ 6:00-7:00 \_

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

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

Date	Time	Activity
Tue.Feb.10 <sup>th</sup>	5:00-6:00 6:00-7:00 7:00-8:00 8:00-8:45	Forms Tae-Bo Class <b>Black Belts Only Class (MANDATORY)</b> <b>NEW ADULT CLASS</b>
Wed.Feb. 11 <sup>th</sup>	5:00-6:00 6:00-7:00 7:00-8:00	Sparring Drills ITF Forms For AAU Tournament MAY 23, 09 Sparring Class For AAU Tournament March 21 ,09
Fri.Feb. 13 <sup>th</sup>	6:00-8:00	<b>ITF / WTF Forms class</b> <b>( for AAU National Team )</b>
<b>Sat. Feb. 14<sup>th</sup></b>	<b>11:00am to 12:30pm</b>	<b>COLOR BELT TESTING</b>
Tue.Feb. 17 <sup>th</sup>	5:00-6:00 6:00-7:00 7:00-8:00 8:00-8:45	<b>ITF FORMS</b> Tae-Bo / Kickboxing <b>Black Belts Only Class (MANDATORY)</b> <b>NEW ADULT CLASS</b>
Thur.Feb. 19 <sup>th</sup>	6:00-7:00 7:00-8:00 8:00-8:45	<b>Grappling- Tapout Class</b> <b>Shinai Class</b> <b>NEW ADULT CLASS</b>
Fri.Feb. 20 <sup>th</sup>	6:00-7:00 7:00-8:00	Hapkido Sparring Class For AAU Tournament March 21 ,09
Mon.Feb.23rd	6:00-7:00 7:00-8:00	<b>ITF Forms</b> <b>Sparring Class</b>
Tue.Feb 24 <sup>th</sup>	5:00-6:00 <b>6:00-8:00</b> 8:00-8:45	Forms <b>ITF/ WTF Forms Class</b> <b>(for AAU National Team )</b> <b>NEW ADULT CLASS</b>
Wed.Feb. 25 <sup>th</sup>	5:00-6:00 6:00-7:00 7:00-8:00	Sparring ITF Forms For AAU Tournament MAY 23, 09 Sparring Class For AAU Tournament March 21 ,09
Thur.Feb. 26 <sup>th</sup>	6:00-7:00 7:00-8:00 8:00-8:45	<b>Grappling- Tapout Class</b> <b>Shinai Class</b> <b>NEW ADULT CLASS</b>
<b>Fri.Feb. 27<sup>th</sup></b>		<b>SCHOOL CLOSED</b>

**“Home of Team Olympic”**