



JANUARY 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
Thur. Jan. 3 rd	6:00-7:00	Grappling (tap out)
Sat. Jan. 5 th	11:00-1:00 1:00-2:00 6:00-11:00	Combaton Practice Black Belts Only Class MOVIE NIGHT
Tue. Jan. 8 th	6:00-7:00	Tae-Bo Class
Wed. Jan 9 th	6:00-8:00	OFFICIALS AND COACHES CLINIC
Thur. Jan 10 th	6:00-7:00 8:00-8:30	Grappling (tap out) Black Belts Only Class
Fri. Jan. 11 th		NO Class (Combaton Set up @ Mc Arthur)
Sat. Jan. 12 th		Combaton Tournament (School Closed)
Tue. Jan 15 th	6:00-7:00	Tae-Bo Kick Boxing Workout
Wed. Jan 16 th	6:00-7:00	OFFICIALS CLINIC
Thur. Jan 17 th	6:00-7:00 8:00-8:30	Grappling Class (Tap out) Black Belts Only Class
Sat. Jan. 19 th		“MIAMI OPEN” Tournament @ Barry University
Tue. Jan. 22 nd	6:00-7:00	Tae-Bo (Come Join Us Free)
Wed. Jan. 23 rd	6:00-8:00	OFFICIALS AND COACHES CLINIC
Thur. Jan. 24 th	7:00-8:00 8:00-8:30	Shani Class Black Belt Only Class
Sat. Jan. 26 th	11:00-12:00 12:00-1:00 1:00-1:30 6:00-10:00	Sword Black Belt Only Class Sparring Team Tryouts Kids Video Game Night (Ages 6-10)
Tue. Jan. 29 th	6:00-7:00	Tae-Bo Workout
Wed. Jan. 30 th	7:00-8:00	OFFICIALS AND COACHES CLINIC
Thur. Jan 31 st	7:00-8:00 8:00-8:30	Grappling Class (Tap out) Black Belts Only Class

“Home Of Team Olympic”