



JULY ACTIVITIES

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

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

Date	Time	Activity
Tue.July 1st	5:00-6:00 6:00-7:00 7:00-8:00	Forms and Hapkido Class Tae-Bo Class Black Belts Only Class (MANDATORY)
Wed. July 2nd Thur.July 3rd Fri.July 4th		TAEKWONDO SCHOOL CLOSED
Tue.July 8th	5:00-6:00 6:00-7:00 7:00-8:00	Forms Tae-Bo Class Black Belts Only Class (MANDATORY)
Wed.July 9th	5:00-6:00 6:00-7:00 7:00-8:00	Sparring Class Sparring Class TEAM OLYMPIC TRYOUT'S (Mon, Wed, Fri.)
Thur.July 10th	5:00-6:00 6:00-7:00 7:00-8:00	Forms and Breaking Class Hapkido Grapping Shanai Contact Class
Tue.July 15th	5:00-6:00 6:00-7:00 7:00-8:00	Forms Tae-Bo Class Black Belts Only Class (MANDATORY)
Thur.July 17th	5:00-6:00 6:00-7:00 7:00-8:00	Forms Tae-Bo Class Shanai Contact Class
Sat.July 19th	6:00-11:00	VIDEO GAME NIGHT
Tue.July 22nd	5:00-6:00 6:00-7:00 7:00-8:00	Forms Tae-Bo Class Black Belts Only Class (MANDATORY)
Thur.July 24th	5:00-6:00 6:00-7:00 7:00-8:00	Forms Class Grappling(Tap Out) Shanai Class
Sat.July 26th	6:00-11:00	MOVE NIGHT
Tue. July 29th	5:00-6:00 6:00-7:00 7:00-8:00	Forms and Breaking Tae-Bo Class Black Belts Only Class (MANDATORY)

Home of Team Olympic”