



JULY ACTIVITIES
EVERY TUESDAY TAE-BO CLASS

Date	Time	Activity
Tue. July 7 th	5:00- 6:00 6:00-7:00 7:00- 8:00	WTF Forms Tae-Bo / Kickboxing Black Belt Class (MANDATORY)
Wed. July 8 th	6:00-7:00 7:00- 8:00	WTF FORMS Team Olympic Training with all De Jesus TKD Students.
Fri. July 10th	6:00- 7:00 7:00- 8:00	Team CH'ANG-HON" Team OLYMPIC
Sat. July 11 th	1:00-3:00	Team Olympic Training
Tue. July 14 th	5:00- 6:00 6:00- 7:00 7:00- 8:00 8:00-8:45	WTF Forms Tae-Bo Grappling / Tapout/ Hapkido Black Belt and Adult Class
Wed July 15 th	6:00- 7:00 7:00- 8:30	WTF FORMS Team Olympic outside Training
Fri. July 17 th	6:00-7:00 7:00- 8:00	Team CH'ANG-HON" Team OLYMPIC
Sat. July 18 th	12:00-2:00	COLOR BELT TESTING
Tue. July 21 st	5:00- 6:00 6:00- 7:00 7:00- 8:00 8:00-8:45	WTF Forms Tae-Bo Grappling / Tapout/ Hapkido Black Belt and Adult Class
Fri. July 24 th	6:00-7:00 7:00- 8:00	Team CH'ANG-HON" Team OLYMPIC
Sat. July 25 th	1:00- 2:30 6:00- 11:00	Team CH'ANG-HON" VIDEO GAME NIGHT
Tue. July 28 th	5:00- 6:00 6:00- 7:00 7:00- 8:00 8:00-8:45	WTF Forms Tae-Bo Grappling / Tapout / Hapkido Black Belt and Adult Class
Fri. July 31 st	6:00-7:00 7:00- 8:00	Team CH'ANG-HON" Team OLYMPIC

“Home of Team OLYMPIC & Team CH'ANG-HON”