



**MARCH 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**

<b>Date</b>	<b>Time</b>	<b>Activity</b>
<b>Tue.Mar. 3<sup>rd</sup></b>	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>
<b>Wed.Mar. 4<sup>th</sup></b>	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
<b>Fri.Mar. 6<sup>th</sup></b>	6:00-8:00	<b>ITF / WTF Forms class</b> <b>( for AAU National Team )</b>
<b>Sat. Mar. 7<sup>th</sup></b>	6:00-11:00	<b>Video Game Night \ \ Jeffery's Birthday</b>
<b>Tue.Mar. 10<sup>th</sup></b>	5:00-6:00 6:00-7:00 7:00-8:00 8:00-8:45	<b>ITF FORMS</b> Tae-Bo / Kickboxing <b>ITF / WTF Forms class</b> <b>( for AAU National Team )</b>
<b>Thur.Mar. 12<sup>th</sup></b>	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.Mar. 13<sup>th</sup></b>	6:00-7:00 7:00-8:00	<b>ITF FORMS</b> Sparring Class For AAU Tournament March 21 ,09
<b>Sat.Mar. 21<sup>st</sup></b>	9:00-6:00	<b>AAU TAEKWONDO INVITATIONAL</b> <b>YOUNG TAEKWONDO</b>
<b>Tue.Mar. 24<sup>th</sup></b>	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>
<b>Fri.Mar. 27<sup>th</sup></b>		<b>SCHOOL CLOSED</b>
<b>Sat.Mar. 28<sup>th</sup></b>	9:00-7:00	<b>USA-MIAMI Open Qualifier</b>
<b>Tue.Mar. 31<sup>st</sup></b>	5:00-6:00 6:00-7:00 7:00-8:00 8:00-8:45	<b>ITF FORMS</b> Tae-Bo / Kickboxing <b>ITF / WTF Forms class</b> <b>( for AAU National Team )</b>

**“Home of Team Olympic”**