



OCTOBER ACTIVITIES

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

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

Sat. Afternoon

Tue. Oct. 2 nd	6:00 to 7:00	Tae-Bo Free <i>“Come and Join Us.”</i>
Sat. Oct. 6 th	12:00 to 2:00 2:00 to 3:00	Olympic Training Demo Team Practice
Tue. Oct. 9 th	6:00 to 7:00	Tae-Bo Free <i>“Free”</i> All Adults Welcome
Sat. Oct. 13 th	11:00 to 12:00 12:00 to 1:00 1:00 to 4:00	Sword Black Belts (15 yrs and older) Demo Team Outside/Inside Training
Tue. Oct. 16 th	6:00 to 7:00	Tae-Bo <i>come Join us work out</i>
Thur. Oct. 18 th	7:00 to 8:00	Kick Boxing Training
Sat. Oct. 20 th	11:00 to 12:00 12:00 to 1:00 1:00 to 3:00	Sword Black Belts (15 yrs and older) Demo Team Practice Sparring Practice
	6:00 to 11:00	MOVIE NIGHT
Tue. Oct. 23 rd	6:00 to 7:00	Tae-Bo
Thur. Oct. 25 th	7:00 to 8:00pm	Kick Boxing Training

Oct 26th-27th SCHOOL CLOSED

TEAM OLYMPIC HEADS TO ORLANDO TOURNAMENT

“Go team Olympic”