



SEPTEMBER ACTIVITIES
EVERY TUESDAY TAE-BO CLASS

Date	Time	Activity
Tue. Sept 1 st	5:00- 6:00 6:00- 7:00 7:00- 8:00	WTF Forms Tae-Bo Taekwondo Class
Wed. Sept 2 nd	5:00- 6:00 6:00- 7:00 7:00- 8:00	Sparring Drills WTF Forms Olympic Sparring
Fri. Sept 4th	6:00-7:00 7:00-8:00	Team CH'ANG-HON" Team OLYMPIC
Sat. Sept 5th	12:00-4:30	Daedo True Score Electronic Hogu Training And Referee / Judges /computer Oper. Clinic
Tue. Sept 8 th	5:00- 6:00 6:00- 7:00 7:00- 8:00	WTF Forms Tae-Bo Black Belt and Adult Taekwondo Training
Wed. Sept 9 th	6:00- 7:00 7:00- 8:30	WTF FORMS Team Olympic outside Training
Fri. Sept 11th	6:00-7:00 7:00-8:00	Team CH'ANG-HON" Team OLYMPIC
Sat. Sept 12th	6:00-11:00	Video Game Night*/ Evan Alvarez Birthday
Tue. Sept 15 th	5:00- 6:00 6:00- 7:00 7:00- 8:00	WTF Forms Tae-Bo Taekwondo Class
Fri. Sept 18th	6:00-7:00 7:00- 8:00	Team CH'ANG-HON" Team OLYMPIC
Sat. Sept 19th	12:00-4:30	Daedo True Score Electronic Hogu Training And Referee / Judges /computer Oper. Clinic
Wed. Sept 23 rd	6:00-7:00 7:00-8:00	Team CH'ANG-HON" Team OLYMPIC
Fri. Sept 25th		School Closed Team going to Bradenton fl
Sat. Sept 26th	9:00- 5:00	2009 Taekwondo Grand Prix II

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