

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 <u>5:15-6:15 Beginners</u> <u>6:15-7:30 TKD/TSD all levels</u> <u>7:30 Adult BJJ</u>	2 <u>5:00 Little Dragons</u> <u>5:45-6:30 Kickboxing</u> <u>6:30 Workshop (Forms)/Beginners/ Demo Practice</u> <u>7:15-8:15 All Levels</u>	3 <u>5-5:45 Little Dragons</u> <u>5:45-6:30 Beginners</u> <u>6:30-7:30 Weapons – Orange belt & up</u>	4 <u>5:30 Yoga with Yurika</u> \$7 to participate – Ages 7+	5 <u>8am Striking/Cardio</u> <u>8:45 Adult BJJ</u> <u>9am Kids BJJ</u> <u>10-11am All Levels</u> <u>11:30AM Little Dragons</u>
6 <u>9am - Relaxed Karate</u> <u>10am - Workshop/Demo Practice</u>	7 <u>5-5:45 Little Dragons / Kids BJJ</u> <u>5:45-6:30 Kickboxing</u> <u>6:30-7:30 All Levels</u> <u>7:30 Adult BJJ</u>	8 <u>5:15-6:15 Beginners</u> <u>6:15-7:30 TKD/TSD all levels</u> <u>7:30 Adult BJJ</u>	9 <u>5:00 Little Dragons</u> <u>5:45-6:30 Kickboxing</u> <u>6:30 Workshop (One Steps)/Beginners/ Demo Practice</u> <u>7:15-8:15 All Levels</u>	10 <u>5-5:45 Little Dragons</u> <u>5:45-6:30 Beginners</u> <u>6:30-7:15 TKD/TSD all levels</u> <u>7:15-7:30 Forms</u>	11	12 <u>8am Striking/Cardio</u> <u>8:45 Adult BJJ</u> <u>9am Kids BJJ</u> <u>10-11am All Levels</u> <u>11:30AM Little Dragons</u>
13 <u>9am - Relaxed Karate</u> <u>10am - Workshop/Demo Practice</u>	14 <u>5-5:45 Little Dragons / Kids BJJ</u> <u>5:45-6:30 Kickboxing</u> <u>6:30-7:30 Sparring</u> <u>7:30 Adult BJJ</u>	15 <u>5:15-6:15 Beginners</u> <u>6:15-7:30 TKD/TSD all levels</u> <u>7:30 Adult BJJ</u>	16 <u>5:00 Little Dragons</u> <u>5:45-6:30 Kickboxing</u> <u>6:30 Workshop (Self Defense)/Beginners / Demo Practice</u> <u>7:15-8:15 All Levels</u>	17 <u>5-5:45 Little Dragons</u> <u>5:45-6:30 Beginners</u> <u>6:30-7:15 TKD/TSD all levels</u> <u>7:15-7:30 Forms</u>	18 <u>5:30 Yoga with Yurika</u> \$7 to participate – Ages 7+	19 <u>8am Striking/Cardio</u> <u>8:45 Adult BJJ</u> <u>9am Kids BJJ</u> <u>10-11am All Levels</u> <u>11:30AM Little Dragons</u>
20 <u>9am - Relaxed Karate</u> <u>10am - Workshop/Demo Practice</u> <u>Halloween Parade</u>	21 <u>5-5:45 Little Dragons / Kids BJJ</u> <u>5:45-6:30 Kickboxing</u> <u>6:30-7:30 All Levels</u> <u>7:30 Adult BJJ</u>	22 <u>5:15-6:15 Beginners</u> <u>6:15-7:30 TKD/TSD all levels</u> <u>7:30 Adult BJJ</u>	23 <u>5:00 Little Dragons</u> <u>5:45-6:30 Kickboxing</u> <u>6:30 Workshop (Forms)/Beginners / Demo Practice</u> <u>7:15-8:15 All Levels</u>	24 FORMS NIGHT <u>5-5:45 Little Dragons</u> <u>5:45-6:30 Beginners</u> <u>6:30-7:15 Intermediate</u> <u>7:15-8 Advanced</u>	25	26 <u>8am Striking/Cardio</u> <u>8:45 Adult BJJ</u> <u>9am Kids BJJ</u> <u>10-11am All Levels</u> <u>11:30AM Little Dragons</u>
27 <u>9am - Relaxed Karate</u> <u>10am - Workshop/Demo Practice</u>	28 <u>5-5:45 Little Dragons / Kids BJJ</u> <u>5:45-6:30 Kickboxing</u> <u>6:30-7:30 All Levels</u> <u>7:30 Adult BJJ</u>	29 <small>Wear Halloween Costumes to Beginners</small> <u>5:00-6:15 Beginners</u> <u>6:15-7:30 TKD/TSD all levels</u> <u>7:30 Adult BJJ</u>	30 <u>5:00 Little Dragons</u> <u>5:45-6:30 Kickboxing</u> <u>6:30 Workshop (One Steps)/Beginners / Demo Practice</u> <u>7:15-8:15 Sparring</u>	31 <u>5-5:45 Little Dragons</u> <u>5:45-6:30 Beginners</u> <u>6:30-7:15 TKD/TSD all levels</u> <u>7:15-7:30 Forms</u>	1	2

Notes

Oct. 19 - MKA Picture Day - Sign up online

Oct. 20 - Halloween Parade! Please sign up at the desk to march with us!

Oct. 29 - Wear Halloween Costumes to Beginner Class - Starting at 5pm & ending at 6:15pm. We will incorporate some games into our normal class! All are welcome.. Including little dragons!

Demo Team - Practices on Sundays and Wednesdays all month. Attend as many as possible!!