

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose 6:30 Open Mat Various Instructors <u>7:15 TKD/TSD all levels</u> Master Marty, Master Ron, Master Rod, Master Paul</p>	<p>2 <u>5:15 Beginners</u> Master Paul 6:15 TKD/TSD all levels GM Kevin, GM Gross, Master Paul, GM Lee <u>7:15 TKD/TSD all levels</u> Grandmaster Gross, Master Paul, Master Benny</p>	3	<p>4 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron 10:00AM TKD/TSD all levels Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:00AM Mini Dragons</u> <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>5 <u>9:00AM Relaxed karate</u> GM Kevin</p> <p>No workshop!</p>	<p>6 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst Rose 6:30 TKD/TSD all levels Master Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>7 <u>5:15 Beginners</u> Master Rich 6:15 TKD/TSD all levels Master Benny, GM Kevin, GM Lee <u>7:15 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>8 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose 6:30 Open Mat Various Instructors <u>7:15 TKD/TSD all levels</u> Master Marty, Master Ron, Master Rod, Master Paul</p>	<p>9 <u>5:15 Beginners</u> Master Paul 6:15 TKD/TSD all levels GM Kevin, GM Gross, Master Paul, GM Lee <u>7:15 TKD/TSD all levels</u> Grandmaster Gross, Master Paul, Master Benny</p>	10	<p>11 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron 10:00AM TKD/TSD all levels Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:00AM Mini Dragons</u> <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>12 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul 10:00AM workshop Master Paul</p>	<p>13 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst Rose 6:30 TKD/TSD all levels Master Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>14 <u>5:15 Beginners</u> Master Rich 6:15 TKD/TSD all levels Master Benny, GM Kevin, GM Lee <u>7:15 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>15 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose 6:30 Open Mat Various Instructors <u>7:15 TKD/TSD all levels</u> Master Marty, Master Ron, Master Rod, Master Paul</p>	<p>16 <u>5:15 Beginners</u> Master Paul 6:15 TKD/TSD all levels GM Kevin, GM Gross, Master Paul, GM Lee <u>7:15 TKD/TSD all levels</u> Grandmaster Gross, Master Paul, Master Benny</p>	<p>17 <u>5:30 Yoga with Yurika</u> \$7 to participate – Ages 7+</p>	<p>18 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron 10:00AM TKD/TSD all levels Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:00AM Mini Dragons</u> <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>19 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul 10:00AM workshop Master Paul</p>	<p>20 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst Rose 6:30 TKD/TSD all levels Master Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>21 <u>5:15 Beginners</u> Master Rich 6:15 TKD/TSD all levels Master Benny, GM Kevin, GM Lee <u>7:15 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>22</p> <p>Closed</p> <p><i>Happy Thanksgiving!!!</i></p>	<p>23</p> <p>Closed</p>	24	<p>25 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron 10:00AM TKD/TSD all levels Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:00AM Mini Dragons</u> <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>26 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul 10:00AM workshop Master Paul</p>	<p>27 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst Rose 6:30 TKD/TSD all levels Master Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>28 <u>5:15 Beginners</u> Master Rich 6:15 TKD/TSD all levels Master Benny, GM Kevin, GM Lee <u>7:15 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>29 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose 6:30 Open Mat Various Instructors 7:15 SPARRING NIGHT Master Marty, Master Ron, Master Rod, Master Paul</p>	<p>30 FORMS NIGHT <u>5:15 Beginner Forms</u> <u>6:15 Intermediate Forms</u> <u>7:15 Advanced Forms</u> GM Kevin, GM Gross, GM Lee, Master Benny, Master Paul</p>		