



May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>Son's TKD Championships Brampton</i>
		<i>PATTERNS / POOMSAE</i>				
5	6	7	8	9	10	11
		<i>SPARRING / KYURUGI</i>				
12	13	14	15	16	17	18 <i>Closed</i> <i>Victoria Day long weekend</i>
	<i>Closed</i> <i>Victoria Day</i>	<i>SELF - DEFENSE / HO SHIN SOOL</i>				
19		21	22	23	24	25
		<i>TECHNICAL & CARDIO</i>				
26	27	28	29	30	31	
		<i>PATTERNS / POOMSAE</i>				