



June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>PATTERNS / POOMSAE</i>				1
2	3	4	5	6	7	8
	<i>SPARRING / KYURUGI</i>					
9	10	11	12	13	14	15
	<i>SELF-DEFENSE / HOSHINSOOL</i>					
16	17	18	19	20	21	22
	<i>TECHNICAL & CARDIO</i>					<u>Colour Belt Grading</u> 9:30am, 1:00pm
23	24	25	26	27	28	29
	<i>PATTERNS / POOMSAE</i>					<u>Closed</u> Canada Day weekend
30	July 1 Canada Day	<i>SPARRING / KYURUGI</i>				