



September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Closed</i> <i>Labour</i> <i>Day</i>	3 <i>SELF - DEFENSE / HO SHIN SOOL</i>	4	5	6	7
8	9	10 <i>TECHNICAL & CARDIO</i>	11	12	13	14
15	16	17 <i>PATTERNS / POOMSAE</i>	18	19	20	21 <i>Grading</i> <i>9:30 am</i> <i>1:00 pm</i>
22	23	24 <i>SPARRING / KYURUGI</i>	25	26	27	28 <i>Jung Ko TKD</i> <i>Championship</i> <i>Markham</i>
29	30 <i>SELF - DEFENSE / HO SHIN SOOL</i>					