



# March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 <i>Sport TKD Championship Markham PanAm Centre</i>
8	9	10	11	12	13	14
	<i>SELF-DEFENSE / HO SHIN SOOL</i>					
	<i>TECHNICAL &amp; CARDIO</i>					
15	16	17	18	19	20	21
	<i>PATTERNS / POOMSAE</i>					
22	23	24	25	26	27	28 <i>TriStar Championship Sheridan College Oakville</i>
	<i>SPARRING / KYURUGI</i>					
29	30	31				
	<i>SELF-DEFENSE / HO SHIN SOOL</i>					