

**October 2017**

| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b> |
|---|--|--|--|---|-----------------|
| 5:00 AM–Fighting Fit<br>6:00 AM–Boot Camp<br>5:00 – YJJ<br>6:00 – Open TSD<br>6:00 – Warrior Program<br>7:00 – Boot Camp<br>7:00 -- Battojutsu<br>8:00 – Muay Thai<br>8:00 – ATSD | 2:00 – Open TSD<br>4:15 – Little Ninjas<br>4:00 – YJJ<br>5:00 – ASJJ<br>6:00 – BJJ<br>7:00 – Open TSD<br>7:00 – Open Mat<br>8:00 – Krav Maga | 5:00 AM–Fighting Fit<br>6:00 AM–Boot Camp<br>5:00 – Open TSD<br>6:00 – Little Ninjas<br>6:00 – YJJ<br>7:00 – Boot Camp<br>7:00 – Muay Thai<br>8:00 – ASJJ<br>8:00 – ATSD | 2:00 – Open TSD<br>4:00 – Muay Thai<br>5:00 – Little Ninjas<br>5:00 – YJJ<br>6:00 – ASJJ<br>6:00 – BJJ<br>7:00 – Open TSD<br>7:00 – Open Mat<br>8:00 – Krav Maga | 5:00 AM–Fighting Fit<br>6:00 AM–Boot Camp<br>5:00 – Open TSD<br>6:00 –TSD Sparring<br>6:00 – ASJJ<br>7:00 – Boot Camp<br>7:00 – Muay Thai | Various.        |

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| 2<br>Normal Schedule                     | 3<br>Please note the new regular time for Open TSD of 7 PM instead of 6 PM!<br>Normal schedule for these days except as noted above. Sorry for any inconvenience! | 4<br>No 5 PM TSD<br>No 6 PM Little Ninjas | 5<br>NO 2 PM TSD CLASS                   | 6<br>No 5 AM Fighting Fit                | 7<br>Coach Katie is competing in an international Muay Thai tournament in Kansas City, Missouri! Wish her luck! |
| 9<br>Normal Schedule                     | 10<br>Normal Schedule<br>Please note the new regular time for Open TSD of 7 PM instead of 6 PM!   | 11<br>Normal Schedule                     | 12<br>Normal Schedule                    | 13<br>Normal Schedule<br>MT Sparring 8-9 | 14  |
| 16 <b>BUDDY WEEK!</b><br>Normal Schedule | 17 <b>BUDDY WEEK!</b><br>Normal Schedule<br>Please note the new regular time for Open TSD of 7 PM instead of 6 PM!  | 18 <b>BUDDY WEEK!</b><br>Normal Schedule  | 19 <b>BUDDY WEEK!</b><br>Normal Schedule | 20 <b>BUDDY WEEK!</b><br>Normal Schedule | 21<br>Traditional TSD Testing<br>1 PM—3 PM<br><br>Graduation<br>4 PM—4:45 PM                                    |
| 23<br>Normal Schedule                    | 24<br>Normal Schedule<br>Please note the new regular time for Open TSD of 7 PM instead of 6 PM!   | 25<br>Normal Schedule                     | 26<br>Normal Schedule                    | 27<br>Normal Schedule<br>MT Sparring 8-9 | 28 Halloween Parties!!!<br>12 PM—2 PM / Kids 4-7 y/o<br><br>3 PM—5 PM / 8-12 y/o<br><br>6 PM—8 PM / 13+ y/o     |
| 30<br>Normal Schedule                    | 31<br>Normal Schedule<br>Please note the new regular time for Open TSD of 7 PM instead of 6 PM!   | Nov 1<br>Normal Schedule                  | Nov 2<br>Normal Schedule                 | Nov 3<br>Normal Schedule                 | Nov 4   |

**GUESS WHAT?!?! This year's Halloween parties are only \$5! How amazing is that? Sign up before the spots are gone!**