







December 2022-January 2023 Training Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12	13	14	15	16	17
DECEMBER		5:00-5:45 Basics				8:00-8:45 High Rank
		6:00-6:45 Green Belt				9:00-9:45 Green Belt
		7:00-8:00 Adult				10:00-10:45 Basics
18	19	20	21	22	23	24
		5:00-5:45 Basics				
		6:00-6:45 Green Belt				
		7:00-8:00 Adult				
25	26	27	28	29	30	31
						
1	2	3	4	5	6	7
JANUARY						8:00-8:45 High Rank
						9:00-9:45 Green Belt
						10:00-10:45 Basics
8	9	10	11	12	13	14
		5:00-5:45 Basics				8:00-8:45 High Rank
		6:00-6:45 Green Belt			9:00-9:45 Green Belt	
		7:00-8:00 Adult			10:00-10:45 Basics	
15	16	17	18	19	20	21
		5:00-5:45 Basics				8:00-8:45 High Rank
		6:00-6:45 Green Belt				9:00-9:45 Green Belt
		7:00-8:00 Adult				10:00-10:45 Basics

★ Up Coming Events ★

The last day of 2022 training day : December 20th (Tue) @ Anchor Point
 The first day of 2023 training day: January 7th (Sat) @ The MAC

- ★ Tuesday Training @ Anchor Point Annex / Saturday Training @ The MAC
- ★ Bring Water & Mask
- ★ Parents/Guardians, Keep in touch for schedule and location changes
- ★ Questions--please call/text (505)350-6318