

# January

2012

## Xavier Taekwondo Club

[www.xaviertaekwondo.com](http://www.xaviertaekwondo.com)

| Sunday | Monday   | Tuesday | Wednesday  | Thursday | Friday   | Saturday                                   |
|--------|--|---------|--|----------|--|--|
| 1      | 2  | 3       | 4<br>456 5:15-6<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:30  | 5        | 6<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:15<br>Sparring 8:15-8:45  | Sparring<br>9-9:45                         |
| 8      | 9<br>456 5:15-6<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:30  | 10      | 11<br>No Kids Classes<br>adult 7:30-8:30                                 | 12       | 13<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:30                       | 1  |
| 15     | 16<br>No Class   | 17      | 18<br>456 5:15-6<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:30 | 19       | 20<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:15<br>Sparring 8:15-8:45 | 2<br>Sparring<br>11-12                     |
| 22     | 23<br>456 5:15-6<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:30 | 24      | 25<br>456 5:15-6<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:30 | 26       | 27<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:15<br>Sparring 8:15-8:45 | 2<br>Sparring<br>11-12                     |
| 29     | 30<br>456 5:15-6<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:30 | 31      | 1<br>456 5:15-6<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:30  | 2        | 3<br>kids 1 6-6:45<br>kids 2 6:15-7:30<br>adult 7:30-8:15<br>Sparring 8:15-8:45  | NS TKD Provincials<br>Dartmouth Sportsplex |

Next Belt Testing's Feb 24<sup>th</sup> and Feb 25<sup>th</sup>