

September 2010

Academy of Martial Arts



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Forms Week			1 Happy B-Day Shaffer J	2 Happy B-Day Spencer and Cassidy	3 **No Classes Labor Day Weekend	4 **No Classes Labor Day Weekend
5 <u>Kicks Week</u> Happy B-Day Shane C.	6 Labor Day No Classes	7	8	9	10	11
12 Blocks Week	13	14	15	16	17	18 Happy B-Day Emily D.
19 Kicks / Sparring Week	20	21	22	23	24 Testing 4:15 / 5:00 & 6:00	25 Happy B-Day Nafi C.
26 Forms Week	27	28	29	30		

To contact Instructor Brian Collins: Brian@spa23.com / instructorbc@aol.com / 973.220.6072 / www.spa23.com