

J. Park

WORLD TAE KWON DO & HAPKIDO CENTER, INC.
AFTER SCHOOL KARATE PROGRAM, INC.

www.AfterSchoolKarate.com

www.KidSafe911.com

MAY 2010

- ♦ EVERY SUNDAY - Training by invitation only.
- ♦ CAGE BODY FITNESS Check the schedule for classes and bring in a friend!
- ♦ May 1 - Closed.
- ♦ May 9 - Closed. Happy Mothers Day!
- ♦ May 26 - No night classes.
- ♦ May 29 - School Picnic and BBQ at John Chestnut Park.
- ♦ May 30 - Closed.
- ♦ May 31 - Closed for Memorial Day.

REFERRAL REWARDS PROGRAM

SIGN UP A FRIEND FOR AFTER SCHOOL KARATE AND GET A \$50 GIFT CERTIFICATE!



REMINDER: SIGN UP FOR SUMMER CAMP TODAY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 CLOSED
2 PRO FIGHTERS By invitation only 12:00-1:00 CAGE BODY FIT	3 6:00-6:45 Child BEG 6:45-7:30 Child ADV 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA	4 11:30-12:15 CAGE BODY FIT 6:00-6:45 Child ADV 6:45-7:30 Child BEG 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA BEGINNERS	5 11:30-12:30 OMEGA MMA BEGINNERS 6:00-6:45 BBC SPAR 6:45-7:45 OMEGA MMA 7:45-8:30 CAGE BODY FIT	6 11:30-12:15 CAGE BODY FIT 6:00-6:45 Child BEG 6:45-7:30 Child ADV 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA	7 5:15-6:00 BBC WEAP (bo staff / nunchukas) 6:00-6:45 Child ADV 6:45-7:30 Child BEG 7:30-8:15 OMEGA CUR	8 9:00-10:00 CAGE BODY FIT 10:00-11:00 OMEGA BEG 11:00-11:45 BBC SPARRING
9 CLOSED Happy Mothers Day!!!	10 6:00-6:45 Child BEG 6:45-7:30 Child ADV 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA	11 11:30-12:15 CAGE BODY FIT 6:00-6:45 Child ADV 6:45-7:30 BBC 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA BEGINNERS	12 11:30-12:30 OMEGA MMA BEGINNERS 6:00-6:45 BBC SPAR 6:45-7:45 OMEGA MMA 7:45-8:30 CAGE BODY FIT	13 11:30-12:15 CAGE BODY FIT 6:00-6:45 Child BEG 6:45-7:30 Child ADV 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA	14 5:15-6:00 BBC WEAP (bo staff / nunchukas) 6:00-6:45 Child ADV 6:45-7:30 Child BEG 7:30-8:15 OMEGA CUR	15 9:00-10:00 CAGE BODY FIT 10:00-11:00 OMEGA BEG 11:00-11:45 BBC WEAPON
16 PRO FIGHTERS By invitation only 12:00-1:00 CAGE BODY FIT	17 6:00-6:45 Child BEG 6:45-7:30 Child ADV 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA	18 11:30-12:15 CAGE BODY FIT 6:00-6:45 Child ADV 6:45-7:30 Child BEG 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA BEGINNERS	19 11:30-12:30 OMEGA MMA BEGINNERS 6:00-6:45 BBC SPAR 6:45-7:45 OMEGA MMA 7:45-8:30 CAGE BODY FIT	20 11:30-12:15 CAGE BODY FIT 6:00-6:45 Child BEG 6:45-7:30 Child ADV 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA	21 5:15-6:00 BBC WEAP (bo staff / nunchukas) 6:00-6:45 Child ADV 6:45-7:30 Child BEG 7:30-8:15 OMEGA CUR	22 :00-10:00 CAGE BODY FIT 10:00-11:00 OMEGA BEG 11:00-11:45 BBC SPARRING
23 PRO FIGHTERS By invitation only 12:00-1:00 CAGE BODY FIT	24 6:00-6:45 Child BEG 6:45-7:30 Child ADV 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA	25 11:30-12:15 CAGE BODY FIT 6:00-6:45 Child ADV 6:45-7:30 Child BEG 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA BEGINNERS	26 NO NIGHT CLASSES KICKBOXING Tournament	27 11:30-12:15 CAGE BODY FIT 6:00-6:45 Child BEG 6:45-7:30 BBC 7:30-8:15 OMEGA CUR 8:15-9:30 OMEGA MMA	28 5:15-6:00 BBC WEAP (bo staff / nunchukas) 6:00-6:45 Child ADV 6:45-7:30 Child BEG 7:30-8:15 CAGE BODY FIT	29 School BBQ JOHN CHESTNUT PARK 12:00 - 3:00
30 CLOSED	31 CLOSED Memorial Day					

Child = 12 and Under
Child BEG = White, Yellow, Orange, Green
Child ADV = Purple, Blue, Red, Black

OMEGA MMA = Mixed Martial Arts
OMEGA BEG = Mixed Martial Arts Beginners
OMEGA CUR = Curriculum Based Classes

BBC Program—BBC members must have chest protector and headgear (mandatory); and bo staff and nunchukas.
BBC SPAR = Sparring

26246 US 19 North, Clearwater, FL 33761 • (727) 796-SAFE (7233)