

PLEASE BRING YOUR SPARRING KIT TO EVERY LESSON



AUGUST 2010

Monday 30 AUG	Tuesday 31 AUG						Sunday 1	
SALTASH CLOSED IVYBRIDGE CLOSED	COOMBE DEAN LINEWORK HELES PRE-SPARRING KICKBOXING						HELES CLOSED DEVONSHIRE FULL CLUB TRAINING	1 ST , 3 RD & 29 TH – HELES CLOSED
Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8	8 TH – DEVONSHIRE – 6-7PM DEMO TRAINING ONLY	
SALTASH PRE-SPARRING IVYBRIDGE CLOSED	COOMBE DEAN SPARRING KICKBOXING HELES CLOSED	TAMARSIDE CLOSED	LIPSON LINEWORK PRINCE ROCK KICKBOXING	DERRIFORD PATTERNS	COOMBE DEAN PRE-SPARRING	HELES SPARRING DEVONSHIRE DEMO TRAINING	13 TH – DERRIFORD MIXED CLASS 6.15-7.15PM KOREA SLIDESHOW 7.30PM	
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15	14 TH – COOMBE DEAN LIL' DRAGONS NORMAL TIME – 9.15AM NO MIXED CLASS. DEMO TRAINING ONLY 10.45AM LONGASH TWO DEMO'S AT MARY TAVY 12.30PM & 1.30PM	
SALTASH LINEWORK IVYBRIDGE CLOSED	COOMBE DEAN PATTERNS HELES LINEWORK KICKBOXING	TAMARSIDE CLOSED	LIPSON PRE-SPARRING PRINCE ROCK KICKBOXING	DERRIFORD MIXED CLASS SPARRING KOREA SLIDESHOW	COOMBE DEAN DEMO TRAINING LONGASH 10.45AM DEMO-MARY TAVY	HELES PATTERNS DEVONSHIRE FULL CLUB TRAINING	17 TH & 21 ST – COOMBE DEAN CLOSED	
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22	18 TH – MOORS TRAINING FOR EVERYONE, 6-7PM	
SALTASH SPARRING IVYBRIDGE PRE-SPARRING	COOMBE DEAN CLOSED HELES SPARRING KICKBOXING	TAMARSIDE CLOSED MOORS TRAINING EVERYONE 6-7PM	LIPSON PATTERNS PRINCE ROCK KICKBOXING	DERRIFORD BUDDY NIGHT	COOMBE DEAN CLOSED DEMO EAST END (CATTEDOWN)	HELES LINEWORK DEVONSHIRE FULL CLUB TRAINING	20 TH – DERRIFORD BUDDY NIGHT LIL' DRAGONS 5.30-6.05PM TKD 6.15-7.15PM	
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29	21 ST – DEMO AT EAST END (CATTEDOWN) 1.25PM	
SALTASH PATTERNS IVYBRIDGE LINEWORK	COOMBE DEAN PRE-SPARRING HELES PATTERNS KICKBOXING	TAMARSIDE CLOSED 1 ST KUP'S & ABOVE TRAINING LONGASH 6.30-7.30PM	LIPSON SPARRING PRINCE ROCK KICKBOXING	DERRIFORD LINEWORK	COOMBE DEAN PATTERNS	HELES CLOSED DEVONSHIRE CLOSED	25 TH – 1 ST KUP & ABOVE TRAINING AT LONGASH, 6.30- 7.30PM. 30 TH – SALTASH CLOSED	