

Get Ready for The Nationals June 26 & 27. 2009!



MAY 2009



**BUSHI BAN
MOMS COME TRAIN FOR FREE
ANY NEW PROGRAM, ALL MONTH**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nationals, Nationals, Nationals GET READY, NATIONALS WILL BE HERE SOON!!!!					1 Beginner's Class at 6:00pm (WHITE BELTS ONLY)	2 WASH MOM'S CAR!
3 Spend The Day At The Beach	4 <u>MOMS AS COACHES</u>	5 <u>MOMS AS COACHES</u> <u>Cinco De Mayo</u>	6 Adult Sparring 6:00pm	7 Moms Join us FREE for Adult Karate 6:00pm	8 Black Belt Club <u>Elite 5:30pm</u>	9 Take Mom Out For Dinner and a Movie 
10 HAPPY Mother's Day	11 <u>Self Defense & Skills and Drills</u>	12 <u>Self Defense & Skills and Drills</u>	13 Adult Sparring 6:00pm	14 Advanced Class Get Ready for Nationals Katas, Katas!!!	15 Black Belt Club Elite/Gold 6:00pm - 7:30pm	16 Bring Mom for FREE to Power Kickboxing 10am
17 GET READY FOR THE NATIONALS WORK AND TRAIN HARD!	18 Moms Join us FREE for PowerKickboxing 6:30pm	19 Get Ready for Nationals Katas, Katas, Katas	20 Get Ready for Nationals! Adult Sparring 6:00pm	21 ADVANCED CLASS EVALUATION NIGHT! BE READY!	22 MAKE IT A DATE NIGHT! HAVE A FANTASTIC WEEKEND!	23 FEEL GREAT, GET IN SHAPE WITH MORNING POWERKICKBOXING 10:00AM
24 <u>7yrs and Up Graduation Practice Wednesday thru Friday 5:30pm-6:00pm</u>	25 <u>Memorial Day</u> Bushii Ban Closed	26 <i>MOMS join us FREE for Power Kickboxing! 6:30pm</i>	27 Adult Sparring 6:00pm Graduation Practice 5:30-6:00	28 Graduation Practice 5:30-6:00 <i>Happy Birthday Mr. Shane!</i>	29 Graduation Practice 5:30-6:00 Graduation 6:30	30 ENJOY FAMILY DAY AT THE PARK