

# NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardiff/Camilla students bring sparring gear to every class as no set days.			Green/brown/Jr Black 11 yrs & under Sparring class 7-8 pm Every Wednesday at the St. Albert dojo	Friday sparring classes 7:10-8:30 pm for Red to Black Belts 12+ yrs every Friday	1 PD Day Camp today 8:30-4:30 Register online!	2
3 Space is left in Ladies Self Defense Workshop for ages 13+ yrs today from 1-4 pm	4	5 Mandatory class for Black Belt candidates No Camilla today. You are welcome to join any other class this week in St. Albert or Cardiff	6 Sparring today in children's classes	7 Sparring In all classes today Senior adult class 35+ can choose upstairs	8	9 DOJO CLOSED
10	11 PD Day Camp 8:30-4:30 Register online!  DOJO CLOSED FOR REGULAR CLASSES	12 PD Day Camp 8:30-4:30 Register online!  Mandatory class for Black Belt candidates  Camilla students to arrive for 3:15 start at old gym as no school today	13	14	15 Sparring today in children's classes St. Albert dojo	16 Black Belt Test 1:00 pm
17	18	19 Sandan & above class upstairs 7:15 Brown/Jr. Black in main dojo with Nidan & below	20	21	22 Sparring at Cardiff	23 Tournament in Bonnyville today. If interested ask for info to be sent to you
24	25 Sparring today in children's classes  SWEAT! 7:10 pm all ranks teen/adult invited to attend.	26 SWEAT! Class 5:00 Br/Jr. Black  Sparring at Camilla	27	28	29	30