



MARTIAL ARTS of WEST END

(Starting December 1st 2022)

	<u>ZOOM</u>		<u>ZOOM</u>	Make Up / Review	Make Up / Review
MON A DAY	TUES A DAY	WED B DAY	THURS B DAY	FRI MAKE UP DAY	SAT MAKE UP DAY
5:45pm White Belts	5:45pm Yellow to Black	5:45pm White Belts	5:45pm Yellow to Black		9:00am Black Belts
6:15pm Yellow to Black	6:45pm White Belts	6:15pm Yellow to Black	6:45pm White Belts	6:00pm White Belts	10:00am White Belts
7:15pm Yellow to Black	7:15pm Yellow to Black	7:15pm Yellow to Black	7:15pm Yellow to Black	6:30pm Yellow to Black	10:30am Yellow to Black
Breaking/Self-defense	Breaking/Self-defense	Poomsae/Sparring	Poomsae/Sparring	7:30pm Sparring	11:30am Sparring

Must have sparring gear

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