



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FOOD DRIVE BEGINS	2 
3	4	5	6	7	8	9 CLASS SCHEDULE CHANGE SEE BACK BUCHECHA BJJ SEMINAR
10	11  Veteran's Day	12	13	14	15	16 IBJJF NY OPEN
17	18	19	20	21	22	23 KARATE PROMOTIONS
24	25	26	27	28  CLOSED Happy Thanksgiving	29 CLOSED	30 CLOSED

CHECK THE BACK FOR THE MONTHLY NEWSLETTER WITH ALL DETAILS

& INFORMATION FOR UPCOMING EVENTS!

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL OR SEE FRONT DESK.

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WHAT UNIFORM TO WEAR:

**NO MORE T-SHIRTS ALLOWED IN KARATE CLASS**

**SELF DEFENSE WEEK - FULL BLACK UNIFORM**

**ENDURANCE FUN - FULL WHITE UNIFORM**