



Jiho Choi Taekwondo Institute Inc.

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|--|---|--|---|--|---|---|
| <p>No need to be in shape.</p> | | <p>Balance, Decompress, Relax... Stretch, Strengthen, Tone... Be Happy... Everything you ever wanted in a workout class is now here... Tuesday, Wednesday, Thursday 10:00 AM – 11:00 AM TKD classes for women only.</p> | | | <p>No Experience Necessary</p> | | <p>1 Army vs. Navy No Classes Today</p> |
| <p>2 Try to get all your tapes this week. Work Hard to Skip Test (no red belts will skip test)</p> | <p>3 Monday Classes are in session</p> | <p>4</p> | <p>5 Spectrum TKD 5:30 ~ 6:30 Children's Sparring 6:30 ~ 7:30</p> | <p>6</p> | <p>7</p> | <p>8 Regular Saturday Classes</p> | |
| <p>9 Belt Test Review Week</p> | <p>10 We are open for classes today Columbus Day</p> | <p>11</p> | <p>12 No Sparring Belt Test Review Spectrum TKD 5:30 ~ 6:30</p> | <p>13</p> | <p>14</p> | <p>15 Belt Promotion Test Check your recommendation form for test schedule No Classes</p> | |
| <p>16 Garden State Cup XX Training Begins</p> | <p>17 Breaking Sequence Set-up Week.</p> | <p>18 Black Belts Open Poomse Competition Training</p> | <p>19 GSG Sparring Competition Team Selection Spectrum TKD 5:30 ~ 6:30 Children's Sparring 6:30 ~ 7:30</p> | <p>20 Adult/Teen Black Belts. Competition Coaching Team Sign-up Volunteer Hours Apply</p> | <p>21 Belt Ceremony During Class</p> | <p>22 Regular Saturday Classes</p> | |
| <p>23/30 Keep on the look-out for competition training schedule.</p> | <p>24/31 Happy Halloween</p> | <p>25</p> | <p>26 Spectrum TKD 5:30 ~ 6:30 Children's Sparring 6:30 ~ 7:30</p> | <p>27</p> | <p>28 President's Cup G2 Qualifier in Oregon</p> | <p>29 Regular Saturday Classes</p> | |

Visit us on our website: <http://www.jhc-tkd.com>

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