



MON	TUE	WED	THU	FRI	SAT
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	<b>1</b> Belt Testing * NO REGULAR CLASSED *	<b>2</b> REQUIRED KATA	<b>3</b> WRESTLING GAMES	<b>4</b> REQUIRED KATA	<b>5</b> SUPER SPARRING SATURDAY
<b>7</b> ZOMBIE SPARRING	<b>8</b> REQUIRED KATA	<b>9</b> FIX THOSE TERRIFYING BASICS	<b>10</b> REQUIRED KATA	<b>11</b> FRIGHT FIGHT FRIDAY	<b>12</b> DOJO CLOSED FOR THANKSGIVING
<b>14</b> DOJO CLOSED FOR THANKSGIVING	<b>15</b> REQUIRED KATA IN THE DARK	<b>16</b> SORE CORE!!! @ 6:50 AND 7:30	<b>17</b> SPOOKY SPARRING	<b>18</b> REQUIRED KATA	<b>19</b> MANIAC MMA
<b>21</b> DROP DEAD PUSH-UP CHALLENGE	<b>22</b> REQUIRED KATA	<b>23</b> BUDO BLISS® YOGA @ 7:30	<b>24</b> REQUIRED KATA	<b>25</b> SPARRING GAMES	<b>26</b> BOOTCAMP @ 9:00 + WEAR YOUR HALLOWEEN COSTUME TO CLASS!
<b>28</b> REQUIRED KATA	<b>29</b> SPAR-A-SENSEI	<b>30</b> REQUIRED KATA	<b>31</b> DOJO CLOSED FOR HALLOWEEN		

Stripe Week  
Novice and  
Jr Masters

Stripe Week  
BBM  
Students



## Monthly Notes: October

🕸 October is **Breast Cancer Awareness Month**. All of our instructors will be wearing pink belts this month in support of this incredibly important cause. Help us raise money by **making a donation to the Canadian Breast Cancer Foundation**. Simply visit [cbcn.ca](http://cbcn.ca) and hit the “Donate” button.

Each student who donates a minimum of \$20 will get a **pink belt** that they can wear in class throughout the month. More details available in the office.

🕸 The dojo will be closed on the following **3 days this month**:

- Saturday the 12<sup>th</sup> - Thanksgiving
- Monday the 14<sup>th</sup> - Thanksgiving
- Thursday the 31<sup>st</sup> - Halloween (Happy Trick or Treats!!)

### Just in case you didn't know...

📍 When using the side and back parking lots, please drive in using the **EAST** driveway and drive out using the **WEST** driveway. This helps keep traffic moving in one direction and is safer for our families as they make their way to and from the dojo.