

CLASS ROTATION SCHEDULE 2009 - 2010

- A - PROMOTION PREP & BREAKING TECHNIQUES
- B - KICKING TECHNIQUES - TARGET PRACTICE
- C - BASIC TECHNIQUES - BLOCKING AND PATTERNS
- D - SPARRING TECHNIQUES - BRING ALL EQUIPMENT
- E - SELF-DEFENSE & FALLING TECHNIQUES
- F - LONG STRETCH, CONDITIONING & ONE-STEP

SEPTEMBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| | | C | D | E | F | A |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| B | C | D | E | F | A | B |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| C | D | E | F | A | B | C |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| D | E | F | A | B | C | D |
| 27 | 28 | 29 | 30 | | | |
| E | F | A | B | | | |

OCTOBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| | | | | C | D | E |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| F | A | B | C | D | E | F |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| A | B | C | D | E | F | A |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| B | C | D | E | F | A | B |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| C | D | E | F | A | B | C |

NOVEMBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| D | E | F | A | B | C | D |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| E | F | A | B | C | D | E |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| F | A | B | C | D | E | F |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| A | B | C | D | E | F | A |
| 29 | 31 | | | | | |
| B | C | | | | | |

DECEMBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| | | D | E | F | A | B |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| C | D | E | F | A | B | C |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| D | E | F | A | B | C | D |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| E | F | A | B | C | D | E |
| 27 | 28 | 29 | 30 | 31 | | |
| F | A | B | C | D | | |

JANUARY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| | | | | | E | F |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| A | B | C | D | E | F | A |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| B | C | D | E | F | A | B |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| C | D | E | F | A | B | C |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| D | E | F | A | B | C | D |
| 31 | | | | | | |
| E | | | | | | |

FEBRUARY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| | | F | A | B | C | D |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| F | A | B | C | D | E | F |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| A | B | C | D | E | F | A |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| B | C | D | E | F | A | B |
| 28 | | | | | | |
| C | | | | | | |

MARCH

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| | | D | E | F | A | B |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| D | E | F | A | B | C | D |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| E | F | A | B | C | D | E |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| F | A | B | C | D | E | F |
| 28 | 29 | 30 | 31 | | | |
| A | B | C | D | | | |

APRIL

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| | | | | | E | F |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| B | C | D | E | F | A | B |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| C | D | E | F | A | B | C |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| D | E | F | A | B | C | D |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| E | F | A | B | C | D | |

MAY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| | | | | | | E |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| F | A | B | C | D | E | F |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| A | B | C | D | E | F | A |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| B | C | D | E | F | A | B |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| C | D | E | F | A | B | C |
| 30 | 31 | | | | | |
| D | E | | | | | |

JUNE

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| | | | | | F | A |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| E | F | A | B | C | D | E |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| F | A | B | C | D | E | F |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| A | B | C | D | E | F | A |
| 27 | 28 | 29 | 30 | | | |
| B | C | D | E | | | |