

# October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Combinations	2 Kata	3 Sparring	4
5	6 Grappling	7 Combinations	8 Kata	9 Sparring	10 Self Defense Goshin Girls	11
12	13 Closed	14 Kata	15 Sparring	16 Self Defense	17 Grappling	18 Leadership Meeting
19	20 Kata	21 Sparring	22 Self Defense	23 Grappling	24 Combinations	25
26	27 Sparring	28 Self Defense	29 Grappling	30 Combinations	31 Closed	

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