

Kyokushin Oregon

February 2010 Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 5:15-6:30pm 7:00-8:30pm	2 4:30-5:10pm 5:15-6:00pm 6:00-6:50pmT Rev	3 (No 5:15 class) 7:00-8:30pm	4 4:30-5:10pm 5:15-6:30pm	5 5:15-6:00pm Test Review 6:00-7:30pm	6 1:30 Promotion Test	7
8 5:15-6:30pm 7:00-8:30pm	9 4:30-5:10pm 5:15-6:00pm	10 5:15-6:00pm 7:00-8:30pm	11 4:30-5:10pm 5:15-6:30pm	12 5:15-6:00pm 6:00-7:30pm	13 Trip to Bellevue	14
15 Holiday No Class	16 4:30-5:10pm 5:15-6:00pm	17 5:15-6:00pm 7:00-8:30pm	18 4:30-5:10pm 5:15-6:30pm	19 (No Class) Seattle 7-9pm	20 Seminar in Seattle 6:00-6:50pm	21 Seminar In Seattle
22 5:15-6:30pm 7:00-8:30pm	23 4:30-5:10pm 5:15-6:00pm	24 5:15-6:00pm 7:00-8:30pm	25 4:30-5:10pm 5:15-6:30pm	26 5:15-6:00pm 6:00-7:30pm	27 4:00-5:30pm 6:00-6:50pm	28

March 2010 Schedule

1 5:15-6:30pm 7:00-8:30pm	2 4:30-5:10pm 5:15-6:00pm	3 5:15-6:00pm 7:00-8:30pm	4 4:30-5:10pm 5:15-6:30pm	5 5:15-6:00pm 6:00-7:30pm	6 6:00-6:50pm	7
8 5:15-6:30pm 7:00-8:30pm	9 4:30-5:10pm 5:15-6:00pm	10 5:15-6:00pm 7:00-8:30pm	11 4:30-5:10pm 5:15-6:30pm	12 5:15-6:00pm 6:00-7:30pm	13 6:00-6:50pm	14Begin Day Light Saving
15	16 4:30-5:10pm 5:15-6:00pm	17 5:15-6:00pm 7:00-8:30pm	18 4:30-5:10pm 5:15-6:30pm	19 5:15-6:00pm 6:00-7:30pm	20 6:00-6:50pm	21
22 5:15-6:30pm 7:00-8:30pm	23 4:30-5:10pm 5:15-6:00pm	24 5:15-6:00pm 7:00-8:30pm	25 4:30-5:10pm 5:15-6:30pm	26 No Class	27 Tournament @ Conestoga Rec Center	28 Seminar by Kancho
29 No Class	30 4:30-5:10pm 5:15-6:00pm	31 5:15-6:00pm 7:00-8:30pm				

Shihan Roman's Seminar (for adult)

Feb. 19 Friday 7-9p,

Feb. 20 Saturday 12-2p, 3-5p likely to have a 7-9p as well.

Feb. 21 Sunday 12-2p

Friday and Sunday will be at **Seattle University Connolly Center**.

Saturday will be held at the **Century Ballroom** (only short walk from Seattle Univ.)

\$30 (all days or just one class same price)

[It subjects to change. Please do not hesitate to call to check the schedule if you do not come here regularly or any questions. Tel: 971-226-9423]