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Sunrise OCTOBER 2017 HAPPY HALLOWEEN

This Month's Motto:
**FOCUS
FUELS FULFILLMENT!**

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- IMPORTANT DATES**
- 10/3 Bring-A-Friend Day
 - 10/5 Bring-A-Friend Day
 - 10/7 **KARATE OLYMPICS**
NO REGULAR CLASSES!!
 - 10/13 Parkland Graduation 7:30 pm
 - 10/14 Bring-A-Friend Day
 - 10/17 Bring-A-Friend Day
 - 10/19 Bring-A-Friend Day
 - 10/20 Sunrise Graduation 7 pm
 - 10/21 Bring-A-Friend Day
 - 10/21 Movie Night 6-10 pm
 - 10/28 Bring-A-Friend Day
 - 10/30 Bring-A-Friend Day
 - 10/31 Halloween Party 5:30-6:30 pm
NO CLASSES!!

- BEGINNING NUNCHUKU**
- 10/6 5 pm
 - 10/27 5 pm
- BEGINNING BO STAFF**
- 10/20 5 pm
- TUMBLING**
- 10/13 5 pm

- BBLP SEMINAR**
- 10/6 7 pm
 - 11/3 7 pm

- ACHIEVEMENT CLUB**
- 10/6 7:30 pm
 - 11/3 7:30 pm

- BBLP FITNESS**
- 10/21 12:15 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>
OCT. 1	OCT. 2	OCT. 3	OCT. 4	OCT. 5	OCT. 6	OCT. 7
F	<i>Test Review</i>	<i>T Shirt Day</i> <i>Pad Kicking</i> <i>Balloon</i> <i>Breaking</i> <i>Bring-A-Friend Day</i>	<i>Test Review</i>	<i>T-Shirt Day</i> <i>Self Defense</i> <i>Dodge Pad</i> <i>Bring-A-Friend Day</i>	<i>Beg. Nunchuku</i> <i>5 pm</i> <i>BBLP Seminar</i> <i>7 pm</i> <i>Achievement 7:30</i>	KARATE OLYMPICS <i>10 am</i> NO REGULAR CLASSES! <i>Bring-A-Friend Day</i>
	8	9	10	11	12	13
O	<i>T-Shirt Day</i> <i>Target Practice</i>	<i>Test Review</i>	<i>T-Shirt Day</i> <i>Sparring Drills</i> <i>*Gold & Above Bring Protective Gear</i>	<i>Test Review</i>	<i>Tumbling</i> <i>5 pm</i> <i>Parkland Graduation 7:30 pm</i>	<i>T Shirt Day</i> <i>Extreme Combos</i> <i>Bring-A-Friend Day</i>
	15	16	17	18	19	20
C	<i>Test Review</i>	<i>T Shirt Day</i> <i>Self Defense</i> <i>Battlefield</i> <i>Bring-A-Friend Day</i>	<i>Test Review</i>	<i>T-Shirt Day</i> <i>Pad Kicking</i> <i>Board Breaking</i> <i>Bring-A-Friend Day</i>	CAMP DAY <i>Beg. Bo 5 pm</i> <i>Sunrise Graduation 7 pm</i>	<i>T Shirt Day</i> <i>Paper Drills</i> <i>Relay Race</i> <i>Parent Class</i> <i>BBLP Fitness Run 12:15 pm</i> <i>Movie Night 6-10 pm</i> <i>Bring-A-Friend Day</i>
	22	23	24	25	26	27
U	<i>T Shirt Day</i> <i>Circuit Training</i>	<i>Test Review</i>	<i>T Shirt Day</i> <i>Sparring Drills</i> <i>*Gold & Above Bring Protective Gear</i>	<i>Test Review</i>	<i>Beg. Nunchuku</i> <i>5 pm</i>	<i>T Shirt Day</i> <i>Instructor's Choice</i> <i>Bring-A-Friend Day</i>
	29	30	31	NOV. 1	NOV. 2	NOV. 3
S	<i>Test Review</i>	HALLOWEEN PARTY <i>5:30-6:30 pm</i> NO CLASSES!!	<i>Test Review</i>	<i>T Shirt Day</i> <i>Self Defense</i> <i>Gauntlet</i>	<i>BBLP Seminar</i> <i>7 pm</i> <i>Achievement 7:30</i>	<i>T-Shirt Day</i> <i>Target Practice</i> <i>Bring-A-Friend Day</i>
	NOV. 1	NOV. 2	NOV. 3	NOV. 4		