



SUNRISE MAY 2018



This Month's Motto:
*I Believe,
Therefore I Achieve!!*

www.emasunrise.com



IMPORTANT DATES

- 5/1-5/31 Mom's Month!!!
- 5/5 Mom and Me Class
- 5/5 Bring-A-Friend-Day
- 5/8 Bring-A-Friend-Day
- 5/10 Bring-A-Friend-Day
- 5/11 Parkland Graduation 7:30 pm
- 5/12 Bring-A-Friend-Day
- 5/18 Sunrise Graduation 7 pm
- 5/19 Bring-A-Friend-Day
- 5/22 Bring-A-Friend-Day
- 5/24 Bring-A-Friend-Day
- 5/25-5/28 MEMORIAL DAY WEEKEND
NO CLASSES!!!

BEGINNING NUNCHUKU

- 5/18 5 pm

BEGINNING BO STAFF

- 5/4 5 pm
- 6/1 5 pm

TUMBLING

- 5/11 5 pm

BBLP SEMINAR

- 5/4 7 pm

ACHIEVEMENT CLUB

- 5/4 7:30 pm

DEMO TEAM

- 5/18 6:15 pm

BBLP FITNESS

- 5/12 12:30 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>	
SELF-DEFENSE	APRIL 30 T-Shirt Day Circuit Training	MAY 1 Test Review	MAY 2 T-Shirt Day Sparring Drills <i>*Gold & Above Bring Protective Gear</i>	3 Test Review	4 Beg. Bo 5 pm BBLP 7:00 Achievement 7:30	5 T-Shirt Day Extreme Combos Mom & Me Class 12:15 pm Bring A Friend Day	
	6	7 Test Review	8 T Shirt Day Self Defense Dodge Pad <i>Bring A Friend Day</i>	9 Test Review	10 T Shirt Day Pad Kicking Balloon Breaking <i>Bring A Friend Day</i>	11 Tumbling 5 pm Parkland Graduation 7:30 pm	12 T- Shirt Day Instructor's Choice Parent Class BBLP Fitness 12:30 pm Westwind Park <i>Bring A Friend Day</i>
	13	14 T Shirt Day Parkour	15 Test Review	16 T-Shirt Day Sparring Drills <i>*Gold & Above Bring Protective Gear</i>	17 Test Review	18 Beg. Nunchuku 5:00 pm Demo 6:15 pm Sunrise Graduation 7 pm	19 T Shirt Day Circuit Training Parent Class <i>Bring A Friend Day</i>
	20	21 Test Review	22 T Shirt Day Paper Drills Relay Race <i>Bring A Friend Day</i>	23 Test Review	24 T Shirt Day Self Defense Dodge Pad <i>Bring A Friend Day</i>	25 MEMORIAL DAY WEEKEND NO CLASSES!	26 MEMORIAL DAY WEEKEND NO CLASSES!
	27	28 MEMORIAL DAY NO CLASSES!	29 Test Review	30 T-Shirt Day Sparring Drills <i>*Gold & Above Bring Protective Gear</i>	31 Test Review	JUNE 1 Beg. Bo 5 pm BBLP Seminar 7 pm Achievement 7:30 pm	JUNE 2 T Shirt Day Target Practice <i>Bring A Friend Day</i>