



SUNRISE AUGUST 2018



This Month's Motto:
Lead By Example!

www.emasunrise.com



IMPORTANT DATES

- 8/10 Parkland Graduation 7:30 pm
- 8/11 Class On The Beach 6:30 am
NO CLASSES!
- 8/17 Raffle Drawing 6 pm
- 8/17 Sunrise Graduation 7 pm
- 9/1-9/3 LABOR DAY WEEKEND
NO CLASSES!!

BRING-A-FRIEND DAYS

- 8/4 BRING-A-FRIEND
- 8/7 BRING-A-FRIEND
- 8/9 BRING-A-FRIEND
- 8/18 BRING-A-FRIEND
- 8/21 BRING-A-FRIEND
- 8/23 BRING-A-FRIEND
- 8/25 BRING-A-FRIEND
- 8/27 BRING-A-FRIEND

BEGINNING BO STAFF

- 8/10 5 pm
- 8/31 5 pm

TUMBLING

- 8/17 5 pm

BEGINNING NUNCHUKU

- 8/3 5 pm
- 8/24 5 pm

BBLP SEMINAR

- 8/ 7 pm
- 8/31 7 pm

ACHIEVEMENT CLUB

- 8/3 7:30 pm
- 8/31 7:30 pm

BBLP FITNESS

- 8/18 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>	
LEADERSHIP SKILLS	JULY 30 T-Shirt Day Paper Drills Relay Race	JULY 31 Test Review	AUG. 1 T-Shirt Day Sparring Drills <small>*Gold & Above Bring Protective Gear</small>	AUG. 2 Test Review	AUG. 3 Beg. Nunchuku 5 pm BBLP Seminar 7 pm Achievement 7:30 pm	AUG. 4 T-Shirt Day Instructor's Choice Parent Class Bring-A-Friend Day	
	← SUMMER CAMP WEEK 7 - NINJA TURTLES →						
	5 Test Review	6 T-Shirt Day Pad Kicking Balloon Breaking	7 Bring-A-Friend Day	8 Test Review	9 Bring-A-Friend Day	10 Beg. Bo 5 pm Parkland Graduation 7:30 pm	11 CLASS ON THE BEACH! A1A & Las Olas 6:30 am NO CLASSES!
	← SUMMER CAMP WEEK 8 - TEENAGE MUTANT NINJA TURTLES →						
	12 T-Shirt Day Circuit Training	13 Test Review	14 Test Review	15 T-Shirt Day Sparring Drills <small>*Gold & Above Bring Protective Gear</small>	16 Test Review	17 Tumbling 5 pm Raffle Drawing 6 pm Sunrise Graduation 7 pm	18 T-Shirt Day Extreme Combos BBLP Fitness Run 12:15 pm Bring-A-Friend Day
	SUMMER CAMP WEEK 9						
	19 Test Review	20 T-Shirt Day Self Defense Battlefield	21 Bring-A-Friend Day	22 Test Review	23 T-Shirt Day Balloon Breaking Pad Kicking	24 Beg. Nunchuku 5 pm	25 T-Shirt Day Paper Drills Jump Kicks Bring-A-Friend Day
	26 T-Shirt Day Parkour Bring-A-Friend Day	27 Test Review	28 Test Review	29 T-Shirt Day Sparring Drills <small>*Gold & Above Bring Protective Gear</small>	30 Test Review	31 Beg. Bo 5 pm BBLP Seminar 7 pm Achievement 7:30 pm	SEPT. 1 LABOR DAY WEEKEND NO CLASSES!!