



SUNRISE AUGUST 2017



This Month's Motto:
Lead By Example!

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IMPORTANT DATES

- 8/11 Parkland Graduation 7:30 pm
- 8/12 Class On The Beach 6:30 am
NO CLASSES!
- 8/18 Raffle Drawing 6 pm
- 8/18 Sunrise Graduation 7 pm
- 9/2-9/4 LABOR DAY WEEKEND
NO CLASSES!!

BRING-A-FRIEND DAYS

- 8/5 BRING-A-FRIEND
- 8/8 BRING-A-FRIEND
- 8/10 BRING-A-FRIEND
- 8/19 BRING-A-FRIEND
- 8/22 BRING-A-FRIEND
- 8/24 BRING-A-FRIEND
- 8/26 BRING-A-FRIEND

BEGINNING BO STAFF

- 8/11 5 pm
- 9/1 5 pm

TUMBLING

- 8/18 5 pm

BEGINNING NUNCHUKU

- 8/4 5 pm
- 8/25 5 pm

BBLP SEMINAR

- 8/4 7 pm
- 9/1 7 pm

ACHIEVEMENT CLUB

- 8/4 7:30 pm
- 9/1 7:30 pm

BBLP FITNESS

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