



SUNRISE MARCH 2018



This Month's Motto:
*I take responsibility for
my actions and my attitude.*

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IMPORTANT DATES
3/9 Parkland Graduation 7:30
3/10 MOVIE NIGHT 6-10PM
3/16 Sunrise Graduation 7:00

BRING-A-FRIEND DAYS

3/3 BRING-A-FRIEND
3/10 BRING-A-FRIEND
3/13 BRING-A-FRIEND
3/15 BRING-A-FRIEND
3/17 BRING-A-FRIEND
3/24 BRING-A-FRIEND
3/27 BRING-A-FRIEND
3/29 BRING-A-FRIEND

BEG. BO
3/16 5:00

TUMBLING
3/2 5:00
3/23 5:00

BEG. NUNCHUCKU
3/9 5:00 PM

BBLP SEMINAR
3/2 7:00PM

BBLP ACHIEVEMENT
3/2 7:30 PM

DEMO
3/16 6:15PM

BBLP RUN
3/25 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 FOR NO ON		FEB. 26 Test Review	FEB. 27 T-Shirt Day Balloon Breaking Bring-A-Friend Day	FEB. 28 Test Review	MARCH 1 T-Shirt Day Self Defense Battlefield Bring-A-Friend Day	MARCH 2 Tumbling 5pm BBLP Seminar 7 pm Achievement 7:30pm	MARCH 3 T-Shirt Day Instructor's Choice Parent Class Bring-A-Friend Day
	4	5 T-Shirt Day Circuit Training	6 Test Review	7 T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear	8 Test Review	9 Beg. Nunchaku 5 pm Parkland Graduation 7:30 pm	10 T-Shirt Day Paper Drills Jump Kicks Parent Class Bring-A-Friend Day Movie Night 6-10 pm
	11	12 Test Review	13 T-Shirt Day Self Defense Gauntlet Bring-A-Friend Day	14 Test Review	15 T-Shirt Day Pad Kicking Flying Side Kicks Bring-A-Friend Day	16 Beg. Bo - 5 pm Demo 6:15 pm Sunrise Graduation 7 pm	17 T-Shirt Day Parkour Parent Class Bring-A-Friend Day
	18	19 T-Shirt Day Target Practice	20 Test Review	21 T-Shirt Day Sparring Drills *Gold & Above Bring Protective Gear	22 Test Review	23 Tumbling 5 pm SPRING BREAK CAMP 8 am - 2:30 pm	24 T-Shirt Day Pad Kicking Balloon Breaking Parent Class BBLP Run 12:30pm Westwind Park Bring-A-Friend Day
	25	26 Test Review	27 T-Shirt Day Paper Drills Relay Race Bring-A-Friend Day	28 Test Review	29 T-Shirt Day Self Defense Dodge Pad Bring-A-Friend Day	30 SCHOOL CLOSED NO CLASSES!!	31 SCHOOL CLOSED NO CLASSES!!
	← SPRING BREAK CAMP 8 am - 2:30 pm →						