



# SUNRISE NOVEMBER 2018

**HAPPY THANKSGIVING**



This Month's Motto:

**KINDNESS COUNTS!!**

[www.emasunrise.com](http://www.emasunrise.com)



- IMPORTANT DATES**
- 11/6 CAMP
  - 11/9 Parkland Graduation 7:30 pm
  - 11/10 Movie Night 6 - 10 pm
  - 11/10 HOLIDAY SALE KICK OFF  
20% OFF MERCHANDISE
  - 11/16 Sunrise Graduation 7 pm
  - 11/21 CAMP
  - 11/22- THANKSGIVING BREAK
  - 11/25 NO REGULAR CLASSES!

- BRING-A-FRIEND DAYS**
- 11/3 Bring-A-Friend Day
  - 11/10 Bring-A-Friend Day
  - 11/13 Bring-A-Friend Day
  - 11/15 Bring-A-Friend Day
  - 11/17 Bring-A-Friend Day
  - 11/19 Bring-A-Friend Day
  - 12/1 Bring-A-Friend Day

- BEGINNING NUNCHUKU**
- 11/16 5 pm

- BEGINNING BO STAFF**
- 11/9 5 pm

- TUMBLING**
- 11/2 5 pm
  - 11/30 5 pm

- BBLP SEMINAR**
- 11/2 7 pm

- ACHIEVEMENT CLUB**
- 11/2 7:30 pm

- DEMO TEAM**
- 11/16 6:30 pm

- BBLP FITNESS**
- 11/17 12:30 pm - Westwind Park

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>	
<b>C O M P A S S I O N</b>		OCT. 30 <i>T Shirt Day Kung Fu</i>	OCT. 31 <i>Halloween Party 5:30-6:30 pm No classes!!!</i>	NOV. 1 <i>T Shirt Day Pad Kicking Balloon Breaking</i>	NOV. 2 <i>Tumbling 5 pm  BBLP Seminar 7 pm Achievement 7:30 pm</i>	NOV. 3 <i>T Shirt Day Instructor's Choice  Bring-A-Friend Day</i>	
	4	5 <i>T Shirt Day Circuit Training</i>	6 <i>CAMP  Test Review</i>	7 <i>T Shirt Day Sparring Drills  *Gold &amp; Above Bring Protective Gear</i>	8 <i>Test Review</i>	9 <i>Beg. Bo 5 pm Parkland Graduation 7:30 pm</i>	10 <i>T Shirt Day Paper Drills Relay Race Bring-A-Friend Day Movie Night 6-10 pm</i>
	11	12 <i>Test Review</i>	13 <i>T Shirt Day Pad Kicking Balloon Breaking Bring-A-Friend Day</i>	14 <i>Test Review</i>	15 <i>T Shirt Day Target Practice  Bring-A-Friend Day</i>	16 <i>Beg. Nunchuku 5 pm Demo 6:30 pm Sunrise Graduation 7 pm</i>	17 <i>T Shirt Day Self Defense Dodge Pad BBLP Run 12:30 pm Westwind Park Bring-A-Friend Day</i>
	18	19 <i>T Shirt Day Parkour  Bring-A-Friend Day</i>	20 <i>Test Review</i>	21 <i>CAMP T Shirt Day Sparring Drills  *Gold &amp; Above Bring Protective Gear</i>	<b>THANKSGIVING BREAK NO CLASSES!!!</b>		
	25	26 <i>Test Review</i>	27 <i>T Shirt Day Self Defense Battlefield</i>	28 <i>Test Review</i>	29 <i>T Shirt Day Pad Kicking Board Breaking</i>	30 <i>Tumbling 5 pm</i>	DEC. 1 <i>T Shirt Day Extreme Combos  Bring-A-Friend Day</i>