



SUNRISE DECEMBER 2017



This Month's Motto:
I BELIEVE = I ACHIEVE!

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IMPORTANT DATES

- 12/2 Bring-A-Friend Day
- 12/8 Parkland Graduation 7:30 pm
- 12/9 Bring-A-Friend Day
- 12/12 Bring-A-Friend Day
- 12/14 Bring-A-Friend Day
- 12/15 Sunrise Graduation 7 pm
- 12/16 Bring-A-Friend Day
- 12/18 Bring-A-Friend Day
- 12/23 Bring-A-Friend Day
- 12/24- HOLIDAY BREAK
- 1/2 NO CLASSES!
- 12/26- Winter Camp -
- 12/29 8 am - 2:30 pm
- 1/2- Winter Camp -
- 1/5 8 am - 2:30 pm

BEGINNING NUNCHUKU

- 12/8 5 pm

BEGINNING BO STAFF

- 12/8 5 pm

TUMBLING

- 12/1 5 pm
- 12/22 5 pm

BBLP SEMINAR

- 12/1 7 pm
- 1/5 7 pm

ACHIEVEMENT CLUB

- 12/1 7:30 pm
- 1/5 7:30 pm

BBLP FITNESS

- 12/16 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>	
SELF-CONFIDENCE	JAN. 1 <i>Test Review</i>	JAN. 2 <i>T Shirt Day Pad Kicking Balloon Breaking Bring-A-Friend Day</i>	JAN. 3 <i>Test Review</i>	JAN. 4 <i>T Shirt Day Self Defense Dodge Pad Bring-A-Friend Day Winter Camp</i>	DECEMBER 1 <i>Tumbling 5 pm BBLP Seminar 7 pm Achievement 7:30</i>	DECEMBER 2 <i>T Shirt Day Target Practice PARENT CLASS</i>	
	3	4 <i>Winter Camp T Shirt Day Parkour</i>	5 <i>Test Review</i>	6 <i>Winter Camp T Shirt Day Sparring Drills *Gold & Above Bring Protective Gear</i>	7 <i>Test Review</i>	8 <i>Beg. Bo 5 pm Parkland Graduation 7:30 pm</i>	9 <i>T Shirt Day Paper Drills Relay Race PARENT CLASS Bring-A-Friend Day</i>
	10	11 <i>Test Review</i>	12 <i>T Shirt Day Self Defense Gauntlet Bring-A-Friend Day</i>	13 <i>Test Review</i>	14 <i>T Shirt Day Pad Kicking Board Breaking Bring-A-Friend Day</i>	15 <i>Beg Nunchuku 5 pm Demo 6:30 pm Sunrise Graduation 7:00 pm</i>	16 <i>T Shirt Day Instructor's Choice BBLP Fitness 12:30 pm Westwind Park PARENT CLASS Bring-A-Friend Day</i>
	17	18 <i>T Shirt Day Extreme Combos Bring-A-Friend Day</i>	19 <i>Test Review</i>	20 <i>T Shirt Day Sparring Drills *Gold & Above Bring Protective Gear</i>	21 <i>Test Review</i>	22 <i>Tumbling 5 pm</i>	23 <i>T Shirt Day Circuit Training PARENT CLASS Bring-A-Friend Day</i>
	24	25	26	27	28	29	30
	HOLIDAY BREAK NO CLASSES!!! Camp Only 26-29						