


Tiger's Schedule for July 2019

LEOPARDS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Sparring Skip Back & Strike 2 Kick Combo	2 Fitness Striking	3 Focus Blocking	4  CLOSED	5	6 Sparring Skip Back & Strike 2 Kick Combo
7	8 Fitness Blocking Horse Stance	9 Sparring Kibon Hyung WaveMaster	10 Sparring Block & Strike Punch & Kick	11 Focus Striking	12	13 Blocking Striking 1-Steps
14	15 Focus Blocking	16 Focus Fitness	17 Sparring Skip Back & Strike 2 Kick Combo	18 Sparring Kibon Hyung WaveMaster	19	20 Fitness Striking
21	22 Focus Striking	23 Focus Blocking Horse Stance	24 Fitness Striking	25 Sparring Block & Strike Punch & Kick	26	27 Sparring Kibon Hyung WaveMaster
28	29 Fitness Striking	30 Sparring Block & Strike Punch & Kick	31 Focus Striking			