

# August 2009



01 Saturday		02 Sunday	
		<b>Sunday</b> Mixed Class 10:30 to 12:00 ALFORD	
03 Monday	04 Tuesday	05 Wednesday	06 Thursday
<b>SAC</b> 18:00 to 19:30	4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	<b>Shell CKD</b> 12:00 to 13:00	
			<b>KINGSWELLS</b> 18:00 to 19:30
08 Saturday		09 Sunday	
		<b>Sunday</b> Mixed Class 10:30 to 12:00 ALFORD	
		<b>Happy Birthday Alan!</b>	
10 Monday	11 Tuesday	12 Wednesday	13 Thursday
<b>SAC</b> 18:00 to 19:30	4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	<b>Shell CKD</b> 12:00 to 13:00	
			<b>KINGSWELLS</b> 18:00 to 19:30
15 Saturday		16 Sunday	
		<b>Sunday</b> Mixed Class 10:30 to 12:00 ALFORD	
17 Monday	18 Tuesday	19 Wednesday	20 Thursday
<b>SAC</b> 18:00 to 19:30	4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	<b>Shell CKD</b> 12:00 to 13:00	
			<b>KINGSWELLS</b> 18:00 to 19:30
22 Saturday		23 Sunday	
		<b>Sunday</b> Mixed Class 10:30 to 12:00 ALFORD	
		<b>Happy Birthday Mr. Smart!</b>	
24 Monday	25 Tuesday	26 Wednesday	27 Thursday
<b>SAC</b> 18:00 to 19:30	4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	<b>Shell CKD</b> 12:00 to 13:00	
			<b>KINGSWELLS</b> 18:00 to 19:30
29 Saturday		30 Sunday	
		<b>Sunday</b> Mixed Class 10:30 to 12:00 ALFORD	
		<b>Happy Birthday Mr. Charrier!</b>	
31 Monday			
<b>SAC</b> 18:00 to 19:30	<b>The Choi Kwang Do Black Belt Academy (Scotland)</b>		

**Happy Birthday Ms. Power!**

