
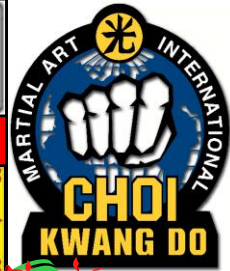


01 Monday SAC 18:00 to 19:30	02 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	03 Wednesday Shell CKD 12:00 to 13:00	04 Thursday	05 Friday KINGSWELLS 18:00 to 19:30	06 Saturday	07 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD
08 Monday SAC 18:00 to 19:30	09 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	10 Wednesday Shell CKD 12:00 to 13:00	11 Thursday	12 Friday KINGSWELLS 18:00 to 19:30 BlackBelt/AI Class 19:40 to 20:30 - Please be stretched up before hand!!	13 Saturday	14 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD
Happy Birthday Eilidh!						
15 Monday SAC 18:00 to 19:30	16 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	17 Wednesday Shell CKD 12:00 to 13:00	18 Thursday	19 Friday KINGSWELLS 18:00 to 19:30	20 Saturday	21 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD
Happy Birthday Alison!						Happy Birthday Mr. Stott!
22 Monday SAC 18:00 to 19:30	23 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	24 Wednesday Shell CKD 12:00 to 13:00	25 Thursday	26 Friday KINGSWELLS No Class Today	27 Saturday	28 Sunday Sunday No Class Today ALFORD
	Happy Birthday Mr. MacDougall			Happy Birthday Jacob!		
29 Monday SAC 18:00 to 19:30	30 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	31 Wednesday Shell CKD 12:00 to 13:00	<div data-bbox="614 1108 1192 1377" data-label="Complex-Block"> <p style="text-align: center;">December 2008</p>  </div>			



The Choi Kwang Do Black Belt Academy Scotland

