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| | <p>01 Tuesday</p> <p>4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45</p> <p>ALFORD</p> | <p>02 Wednesday</p> <p>Shell CKD 12:00 to 13:00</p> | <p>03 Thursday</p> <p>St MARGARETS 12:30 to 13:00 13:00 to 13:30</p> <p>Happy Birthday Mr. Stutter!</p> | <p>04 Friday</p> <p>KINGSWELLS 18:00 to 19:30</p> | <p>05 Saturday</p> | <p>06 Sunday</p> <p>Sunday Mixed Class 10:30 to 12:00</p> <p>ALFORD</p> |
| <p>07 Monday</p> <p>SAC 18:00 to 19:30</p> | <p>08 Tuesday</p> <p>4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45</p> <p>ALFORD</p> <p>Happy Birthday Eilidh!</p> | <p>09 Wednesday</p> <p>Shell CKD 12:00 to 13:00</p> | <p>10 Thursday</p> <p>St MARGARETS 12:30 to 13:00 13:00 to 13:30</p> | <p>11 Friday</p> <p>KINGSWELLS 18:00 to 19:30</p> <p>Happy Birthday Lucy!</p> | <p>12 Saturday</p> | <p>13 Sunday</p> <p>Sunday Mixed Class 10:30 to 12:00</p> <p>ALFORD</p> |
| <p>14 Monday</p> <p>SAC 18:00 to 19:30</p> | <p>15 Tuesday</p> <p>4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45</p> <p>ALFORD</p> <p>Happy Birthday Alison!</p> | <p>16 Wednesday</p> <p>Shell CKD 12:00 to 13:00</p> | <p>17 Thursday</p> <p>St MARGARETS 12:30 to 13:00 13:00 to 13:30</p> | <p>18 Friday</p> <p>KINGSWELLS 18:00 to 19:30</p> | <p>19 Saturday</p> | <p>20 Sunday</p> <p>Sunday Mixed Class 10:30 to 12:00</p> <p>ALFORD</p> |
| <p>21 Monday</p> <p>SAC 18:00 to 19:30</p> <p>Happy Birthday Mr. Stott!</p> | <p>22 Tuesday</p> <p>4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45</p> <p>ALFORD</p> | <p>23 Wednesday</p> <p>Shell CKD 12:00 to 13:00</p> <p>Happy Birthday Mr. MacDougall</p> | <p>24 Thursday</p> | <p>25 Friday</p> | <p>26 Saturday</p> <p>Happy Birthday Jacob!</p> | <p>27 Sunday</p> <p>Sunday Mixed Class 10:30 to 12:00</p> <p>ALFORD</p> |
| <p>28 Monday</p> <p>SAC 18:00 to 19:30</p> | <p>29 Tuesday</p> <p>4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45</p> <p>ALFORD</p> | <p>30 Wednesday</p> <p>Shell CKD 12:00 to 13:00</p> | <p>31 Thursday</p> | <h1 style="text-align: center;">December 2009</h1> | | |



The Choi Kwang Do Black Belt Academy (Scotland)

