

Congratulations to Euan, Lindsey and Eilidh for achieving their IL Dan!!

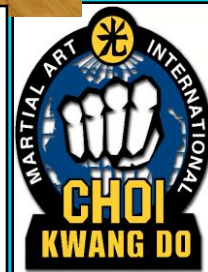


Pil Suhng!!

February 2009



The Choi Kwang Do Black Belt Academy (Scotland)



01 Sunday

Sunday
Mixed Class
10:30 to 12:00

ALFORD

02 Monday

SAC
18:00 to 19:30

03 Tuesday

4-7's: 18:00
7-14's: 18:45
Adult: 19:30
end: 20:45

ALFORD

04 Wednesday

Shell CKD
12:00 to 13:00

05 Thursday

St MARGARETS
12:30 to 13:00
13:00 to 13:30

06 Friday

KINGSWELLS
18:00 to 19:30

07 Saturday

08 Sunday

Sunday
No Class Today

ALFORD

Happy Birthday
Laura!

09 Monday

SAC
18:00 to 19:30

10 Tuesday

4-7's: 18:00
7-14's: 18:45
Adult: 19:30
end: 20:45

ALFORD

11 Wednesday

Shell CKD
12:00 to 13:00

12 Thursday

St MARGARETS
12:30 to 13:00
13:00 to 13:30

13 Friday

KINGSWELLS
18:00 to 19:30

BlackBelt/AI Class
19:40 to 20:30

Please be stretched up
beforehand!!

14 Saturday

15 Sunday

Sunday
Mixed Class
10:30 to 12:00

ALFORD

Happy Birthday
Mr. Manson!

Happy Birthday
Stewart!

Happy Birthday
Jessica!

16 Monday

SAC
18:00 to 19:30

17 Tuesday

4-7's: 18:00
7-14's: 18:45
Adult: 19:30
end: 20:45

ALFORD

18 Wednesday

Shell CKD
12:00 to 13:00

19 Thursday

St MARGARETS
12:30 to 13:00
13:00 to 13:30

20 Friday

KINGSWELLS
18:00 to 19:30

21 Saturday

22 Sunday

Sunday
Mixed Class
10:30 to 12:00

ALFORD

23 Monday

SAC
18:00 to 19:30

24 Tuesday

4-7's: 18:00
7-14's: 18:45
Adult: 19:30
end: 20:45

ALFORD

25 Wednesday

Shell CKD
12:00 to 13:00

26 Thursday

St MARGARETS
No Classes Today

27 Friday

KINGSWELLS
18:00 to 19:30

28 Saturday

01 Sunday

Sunday
Mixed Class
10:30 to 12:00

ALFORD

Happy Birthday
Mrs. Parkinson