



July 2009

		01 Wednesday Shell CKD 12:00 to 13:00	02 Thursday St MARGARETS 12:30 to 13:00 13:00 to 13:30	03 Friday KINGSWELLS 18:00 to 19:30	04 Saturday	05 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD
06 Monday SAC 18:00 to 19:30	07 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	08 Wednesday Shell CKD 12:00 to 13:00	09 Thursday St MARGARETS 12:30 to 13:00 13:00 to 13:30	10 Friday KINGSWELLS 18:00 to 19:30	11 Saturday	12 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD
		Happy Birthday Ms. Annie!				
13 Monday SAC 18:00 to 19:30	14 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	15 Wednesday Shell CKD 12:00 to 13:00	16 Thursday	17 Friday KINGSWELLS 18:00 to 19:30	18 Saturday	19 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD
20 Monday SAC 18:00 to 19:30	21 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	22 Wednesday Shell CKD 12:00 to 13:00	23 Thursday	24 Friday KINGSWELLS 18:00 to 19:30	25 Saturday	26 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD
Happy Birthday Georgia!	Happy Birthday Mr. Maclean!		Happy Birthday Gavin!			Happy Birthday Katie!
27 Monday SAC 18:00 to 19:30	28 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	29 Wednesday Shell CKD 12:00 to 13:00	30 Thursday	31 Friday KINGSWELLS 18:00 to 19:30		
	Happy Birthday Ms. McConnachie!		Happy Birthday Mr. Gray!			

The Choi Kwang Do Black Belt Academy (Scotland)



ALFORD