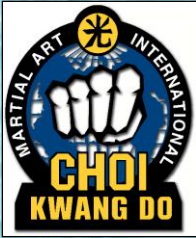


# Choi Kwang Do Black Belt Academy (Scotland)

ckdbbasotland@ckd.org.uk (01975) 563273 www.ckd.org.uk

01 Monday	02 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	03 Wednesday	04 Thursday St MARGARETS 12:30 to 13:00 13:00 to 13:30	05 Friday KINGSWELLS 18:00 to 19:30	06 Saturday	07 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD	
08 Monday	09 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	10 Wednesday	11 Thursday St MARGARETS 12:30 to 13:00 13:00 to 13:30	12 Friday KINGSWELLS 18:00 to 19:30	13 Saturday	14 Sunday Sunday Mixed Class 11:30 to 13:00 ALFORD	
15 Monday	16 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	17 Wednesday	18 Thursday St MARGARETS 12:30 to 13:00 13:00 to 13:30	19 Friday KINGSWELLS 18:00 to 19:30	20 Saturday	21 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD	
22 Monday	23 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD	24 Wednesday	25 Thursday St MARGARETS 12:30 to 13:00 13:00 to 13:30	26 Friday KINGSWELLS 18:00 to 19:30	27 Saturday	28 Sunday Sunday Mixed Class 10:30 to 12:00 ALFORD	
29 Monday	30 Tuesday 4-7's: 18:00 7-14's: 18:45 Adult: 19:30 end: 20:45 ALFORD			<h2>November 2010</h2>		