

November

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	31 Aikido 6:30-8:30 pm Tracy /Richard	1 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	2 Aikido 6:30-8:30 pm Jean-Marc/ Johnny	3 Jiu-Jitsu 6:00 -8:30 pm	4 Aikido 10 am – 12 pm Dan/Johnny
5	6 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	7 Aikido 6:30-8:30 pm Tracy /Richard	8 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	9 Aikido 6:30-8:30 pm Jean-Marc/ Johnny	10 Jiu-Jitsu 6:00 -8:30 pm	11 Aikido 10 am – 12 pm Dan/Richard
12	13 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	14 Aikido 6:30-8:30 pm Tracy /Richard	15 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	16 Aikido 6:30-8:30 pm Jean-Marc/ Johnny	17 Jiu-Jitsu 6:00 -8:30 pm	18 Aikido 10 am – 12 pm Dan/Johnny
19	20 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	21 Aikido 6:30-8:30 pm Tracy /Richard	22 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	23 No Class Thanksgiving	24 Jiu-Jitsu 6:00 -8:30 pm	25 Aikido 10 am – 12 pm Dan/Richard
26	27 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	28 Aikido 6:30-8:30 pm Tracy /Richard	29 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	30 Aikido 6:30-8:30 pm Jean-Marc/ Johnny	1 Jiu-Jitsu 6:00 -8:30 pm	2 Aikido 10 am – 12 pm Dan/Johnny