

# July 2010

## Colorado Taekwondo Institute – Green Mountain Campus

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|--|--|---|--|--|---|
| 27  | 28<br>4:00pm - 6 to 10 yrs (Purple & Brown)<br>4:30pm - Tigers<br>5:00pm - 5 to 11 yrs<br>5:00pm - 12 yrs & up<br><b>6:00pm - Black Belt Club Class</b><br>7:00pm - Adults | 29<br><b>10:00am - Class</b><br>4:00pm - 5 to 8 Beg<br>4:00pm - 5 to 8 Int<br>5:00pm - 9 & up Beg<br>5:00pm - 10 to 13 Adv<br>6:00pm - 14 & up Adv<br><b>7:00pm - Cardio</b> | 30<br>4:30pm - Tigers<br>5:00pm - 5 to 11 yrs<br>5:00pm - 12 yrs & up<br>6:00pm - 5 to 9 yrs<br>7:00pm - Adults | 1<br><b>10:00am - Class</b><br>4:00pm - 5 to 8 Beg<br>4:00pm - 5 to 8 Int<br>5:00pm - 9 & up Beg<br>5:00pm - 10 to 13 Adv<br>6:00pm - 14 & up Adv<br><b>7:00pm - Cardio</b>  | 2<br>4:00pm - 6 to 10 yrs (Purple & Brown)<br>5:00pm - Specials<br>6:00pm - 5 to 9 yrs<br>6:00pm - Junior Black Belts  | 3   |
| 4   | 5<br><div style="border: 1px solid black; padding: 5px; text-align: center;"><b>NO CLASSES</b></div>   | 6<br><b>10:00am - Class</b><br>4:00pm - 5 to 8 Beg<br>4:00pm - 5 to 8 Int<br>5:00pm - 9 & up Beg<br>5:00pm - 10 to 13 Adv<br>6:00pm - 14 & up Adv<br><b>7:00pm - Cardio</b>  | 7<br>4:30pm - Tigers<br>5:00pm - 5 to 11 yrs<br>5:00pm - 12 yrs & up<br>6:00pm - 5 to 9 yrs<br>7:00pm - Adults  | 8<br><b>10:00am - Class</b><br>4:00pm - 5 to 8 Beg<br>4:00pm - 5 to 8 Int<br>5:00pm - 9 & up Beg<br>5:00pm - 10 to 13 Adv<br>6:00pm - 14 & up Adv<br><b>7:00pm - Cardio</b>  | 9<br>4:00pm - 6 to 10 yrs (Purple & Brown)<br>5:00pm - Specials<br>6:00pm - 5 to 9 yrs<br>6:00pm - Junior Black Belts  | 10<br>7:00am - Power TKD<br>8:00am - Master's Club<br>9:00am - LeAD & STEALTH Teams<br>10:00am - 3 <sup>rd</sup> Dans and Above   |
| 11  | 12<br>4:00pm - 6 to 10 yrs (Purple & Brown)<br>4:30pm - Tigers<br>5:00pm - 5 to 11 yrs<br>5:00pm - 12 yrs & up<br><b>6:00pm - Black Belt Club Class</b><br>7:00pm - Adults | 13<br><b>10:00am - Class</b><br>4:00pm - 5 to 8 Beg<br>4:00pm - 5 to 8 Int<br>5:00pm - 9 & up Beg<br>5:00pm - 10 to 13 Adv<br>6:00pm - 14 & up Adv<br><b>7:00pm - Cardio</b> | 14<br>4:30pm - Tigers<br>5:00pm - 5 to 11 yrs<br>5:00pm - 12 yrs & up<br>6:00pm - 5 to 9 yrs<br>7:00pm - Adults | 15<br><b>10:00am - Class</b>   | 16<br><div style="border: 1px solid black; padding: 5px; text-align: center;"><b>MSK Summer Expo XXVI</b></div>        | 17  |
| 18<br><div style="border: 1px solid black; padding: 5px; text-align: center;"><b>Expo XXVI</b></div>  | 19<br>4:00pm - 6 to 10 yrs (Purple & Brown)<br>4:30pm - Tigers<br>5:00pm - 5 to 11 yrs<br>5:00pm - 12 yrs & up<br><b>6:00pm - Black Belt Club Class</b><br>7:00pm - Adults | 20<br><b>10:00am - Class</b><br>4:00pm - 5 to 8 Beg<br>4:00pm - 5 to 8 Int<br>5:00pm - 9 & up Beg<br>5:00pm - 10 to 13 Adv<br>6:00pm - 14 & up Adv<br><b>7:00pm - Cardio</b> | 21<br>4:30pm - Tigers<br>5:00pm - 5 to 11 yrs<br>5:00pm - 12 yrs & up<br>6:00pm - 5 to 9 yrs<br>7:00pm - Adults | 22<br><b>10:00am - Class</b><br>4:00pm - 5 to 8 Beg<br>4:00pm - 5 to 8 Int<br>5:00pm - 9 & up Beg<br>5:00pm - 10 to 13 Adv<br>6:00pm - 14 & up Adv<br><b>7:00pm - Cardio</b> | 23<br>4:00pm - 6 to 10 yrs (Purple & Brown)<br>5:00pm - Specials<br>6:00pm - 5 to 9 yrs<br>6:00pm - Junior Black Belts | 24<br><div style="border: 1px solid black; padding: 5px; text-align: center;"><b>Buffalo Bill Days Parade</b></div>   |
| 25  | 26<br>4:00pm - 6 to 10 yrs (Purple & Brown)<br>4:30pm - Tigers<br>5:00pm - 5 to 11 yrs<br>5:00pm - 12 yrs & up<br><b>6:00pm - Black Belt Club Class</b><br>7:00pm - Adults | 27<br>4:00pm - 5 to 8 Beg<br>4:00pm - 5 to 8 Int<br>5:00pm - 9 & up Beg<br>5:00pm - 10 to 13 Adv<br>6:00pm - 14 & up Adv<br>7:00pm - Cardio                                  | 28<br>4:30pm - Tigers<br>5:00pm - 5 to 11 yrs<br>5:00pm - 12 yrs & up<br>6:00pm - 5 to 9 yrs<br>7:00pm - Adults | 29<br>4:00pm - 5 to 8 Beg<br>4:00pm - 5 to 8 Int<br>5:00pm - 9 & up Beg<br>5:00pm - 10 to 13 Adv<br>6:00pm - 14 & up Adv<br><b>7:00pm - Cardio</b>                           | 30<br>4:00pm - 6 to 10 yrs (Purple & Brown)<br>5:00pm - Specials<br>6:00pm - 5 to 9 yrs<br>6:00pm - Junior Black Belts | 31<br><b>7:00am - All Black Belts @ Grn Mtn</b><br>8:30am - Tiger Test @ Green Mountain<br>9:00am - Junior Test (5 to 8 yrs) @ Grn Mtn<br>10:00am - Promotion Test (9 yrs & up) |
| <div style="border: 1px solid black; padding: 5px;"><b>Summer Day Camp – Green Mountain CTI</b></div> |  |  |   |  |  |   |