



2009

	Traditional Class	Tiger Class	Elite Class
December 29 - January 4	Self-Defense	Focus	Elite Fitness
January 5 - January 11	Sparring	Sparring	Elite Sparring
January 12 - January 18	Forms	Fitness	Elite Leadership
January 19 - January 25	Breaking	Breaking	Elite Weapons
January 26 - February 1	Self-Defense	Faocus	Elite Fitness
February 2 - February 8	Sparring	Sparring	Elite Sparring
February 9 - February 15	Forms	Fitness	Elite Leadership
February 16 - February 22	Breaking	Breaking	Elite Weapons
February 23 - March 1	Self-Defense	Focus	Elite Fitness
March 2 - March 8	Sparring	Sparring	Elite Sparring
March 9 - March 15	Forms	Fitness	Elite Leadership
March 16 - March 22	Breaking	Breaking	Elite Weapons
March 23 - March 29	Self-Defense	Focus	Elite Fitness
March 30 - April 5	Sparring	Sparring	Elite Sparring
April 6 - April 12	Forms	Fitness	Elite Leadership
April 13 - April 19	Breaking	Breaking	Elite Weapons
April 20 - April 26	Self-Defense	Focus	Elite Fitness
April 27 - May 3	Sparring	Sparring	Elite Sparring
May 4 - May 10	Forms	Fitness	Elite Leadership
May 11 - May 17	Breaking	Breaking	Elite Weapons
May 18 - May 24	Self-Defense	Focus	Elite Fitness
May 25 - May 31	Sparring	Sparring	Elite Sparring
June 1 - June 7	Forms	Fitness	Elite Leadership
June 8 - June 14	Breaking	Breaking	Elite Weapons
June 15 - June 21	Self-Defense	Focus	Elite Fitness
June 22 - June 28	Sparring	Sparring	Elite Sparring
June 29 - July 5	Forms	Fitness	Elite Leadership

	Traditional Class	Tiger Class	Elite Class
July 6 - July 12	Breaking	Breaking	Elite Weapons
July 13 - July 19	Self-Defense	Focus	Elite Fitness
July 20 - July 26	Sparring	Sparring	Elite Sparring
July 27 - August 2	Forms	Fitness	Elite Leadership
August 3 - August 9	Breaking	Breaking	Elite Weapons
August 10 - August 16	Self-Defense	Focus	Elite Fitness
August 17 - August 23	Sparring	Sparring	Elite Sparring
August 24 - August 30	Forms	Fitness	Elite Leadership
August 31 - September 6	Breaking	Breaking	Elite Weapons
September 7 - September 13	Self-Defense	Focus	Elite Fitness
September 14 - September 20	Sparring	Sparring	Elite Sparring
September 21 - September 27	Forms	Fitness	Elite Leadership
September 28 - October 4	Breaking	Breaking	Elite Weapons
October 5 - October 11	Self-Defense	Focus	Elite Fitness
October 12 - October 18	Sparring	Sparring	Elite Sparring
October 19 - October 25	Forms	Fitness	Elite Leadership
October 26 - November 1	Breaking	Breaking	Elite Weapons
November 2 - November 8	Self-Defense	Focus	Elite Fitness
November 9 - November 15	Sparring	Sparring	Elite Sparring
November 16 - November 22	Forms	Fitness	Elite Leadership
November 23 - November 29	Breaking	Breaking	Elite Weapons
November 30 - December 6	Self-Defense	Focus	Elite Fitness
December 7 - December 13	Sparring	Sparring	Elite Sparring
December 14 - December 20	Forms	Fitness	Elite Leadership
December 21 - December 27	Open Study	Open Study	Open Study
December 28 - January 3	Breaking	Breaking	Elite Weapons