

2017

May

## Sebastian Karate Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 HYUNGS 	02	03 ONE STEPS SELF DEFENSE 	04	05	06 OPEN CLASS 9AM - 10AM 10AM-11AM	07
08 HYUNGS 	09	10 SPARRING 	11	12	13 OPEN CLASS 9AM - 10AM 10AM-11AM	14
15 ONE STEPS SELF DEFENSE 	16	17 WEAPONS 	18	19	20 CAR WASH  <small>Shutterstock: 122063554</small>	21
22 HYUNGS 	23	24 SPARRING 	25	26	27 OPEN CLASS 9AM - 10AM 10AM-11AM	28
29 WEAPONS 	30	31 OPEN CLASS 	01	02	03	04

05

06

Notes:

**WARM-UP = HYUNGS AT EVERY CLASS!**

2017

June

## Sebastian Karate Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01	02	03 OPEN CLASS 9AM - 10AM 10AM-11AM	04
05 HYUNGS 	06 <i>Master's Class</i>	07 OPEN CLASS 	08	09	10 OPEN CLASS 9AM - 10AM 10AM-11AM	11
12 WEAPONS 	13 <i>Master's Class</i>	14 ONE STEPS SELF DEFENSE 	15	16	17 CAR WASH 	18
19 HYUNGS 	20 <i>Master's Class</i>	21 SPARRING 	22	23	24 OPEN CLASS 9AM - 10AM 10AM-11AM	25
26 ONE STEPS SELF DEFENSE 	27 <i>Master's Class</i>	28 WEAPONS 	29	30	01	02

03

04

Notes:

**WARM-UP = HYUNGS AT EVERY CLASS!**

2017

July

# Sebastian Karate Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	01 <b>CLOSED</b>	02
03 <b>CLOSED</b>	04 <b>CLOSED</b>	05 HYUNGS 	06	07	08 OPEN CLASS 9AM - 10AM 10AM-11AM	09
10 ONE STEPS SELF DEFENSE 	11 <i>Master's Class</i>	12 WEAPONS 	13	14	15 <b>GUP TESTING</b> 	16
17 HYUNGS 	18 <i>Master's Class</i>	19 ONE STEPS SELF DEFENSE 	20	21	22 <b>DAN TESTING</b> 	23
24 WEAPONS 	25 <i>Master's Class</i>	26 SPARRING 	27	28	29 CAR WASH 	30
31 OPEN CLASS 	01	Notes: <b><u>WARM-UP = HYUNGS AT EVERY CLASS!</u></b>				

2017

August

## Sebastian Karate Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01 <i>Master's Class</i>	02 ONE STEPS SELF DEFENSE 	03	04	05 OPEN CLASS 9AM - 10AM 10AM-11AM	06
07 WEAPONS 	08 <i>Master's Class</i>	09 SPARRING 	10	11	12 OPEN CLASS 9AM - 10AM 10AM-11AM	13
14 HYUNGS 	15 <i>Master's Class</i>	16 ONE STEPS SELF DEFENSE 	17	18	19 OPEN CLASS 9AM - 10AM 10AM-11AM	20
21 WEAPONS 	22 <i>Master's Class</i>	23 HYUNGS 	24	25	26 CAR WASH 	27
28 OPEN CLASS 	29 <i>Master's Class</i>	30 SPARRING 	31	01	02	03

04

05

Notes:

**WARM-UP = HYUNGS AT EVERY CLASS!**

2017

September

## Sebastian Karate Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	01	02 OPEN CLASS 9AM - 10AM 10AM-11AM	03
04 HYUNGS 	05 <i>Master's Class</i>	06 ONE STEPS SELF DEFENSE 	07	08	09 OPEN CLASS 9AM - 10AM 10AM-11AM	10
11 WEAPONS 	12 <i>Master's Class</i>	13 SPARRING 	14	15	16 OPEN CLASS 9AM - 10AM 10AM-11AM	17
18 ONE STEPS SELF DEFENSE 	19 <i>Master's Class</i>	20 HYUNGS 	21	22	23 OPEN CLASS 9AM - 10AM 10AM-11AM	24
25 WEAPONS 	26 <i>Master's Class</i>	27 OPEN CLASS 	28	29	30 CAR WASH 	01

02

03

Notes:

**WARM-UP = HYUNGS AT EVERY CLASS!**

2017

October

## Sebastian Karate Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	01
02 <b>HYUNGS</b> 	03 <i>Master's Class</i>	04 <b>ONE STEPS SELF DEFENSE</b> 	05	06	07 <b>OPEN CLASS</b> 9AM - 10AM 10AM-11AM	08
09 <b>ONE STEPS SELF DEFENSE</b> 	10 <i>Master's Class</i>	11 <b>OPEN CLASS</b> 	12	13	14 <b>OPEN CLASS</b> 9AM - 10AM 10AM-11AM	15
16 <b>HYUNGS</b> 	17 <i>Master's Class</i>	18 <b>WEAPONS</b> 	19	20	21 <b>OPEN CLASS</b> 9AM - 10AM 10AM-11AM	22
23 <b>OPEN CLASS</b> 	24 <i>Master's Class</i>	25 <b>SPARRING</b> 	26	27	28 <b>OPEN CLASS</b> 9AM - 10AM 10AM-11AM	29

30  
KOREA TRIP



31  
KOREA TRIP



Notes:

**WARM-UP = HYUNGS AT EVERY CLASS!**

2017

# November









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 KOREA TRIP 	31 KOREA TRIP 	01 KOREA TRIP 	02 KOREA TRIP 	03 KOREA TRIP 	04 KOREA TRIP 	05 KOREA TRIP 
06 KOREA TRIP 	07	08 WEAPONS 	09	10	11 OPEN CLASS 9AM - 10AM 10AM-11AM	12
13 HYUNGS 	14 <i>Master's Class</i>	15 ONE STEPS SELF DEFENSE 	16	17	18 OPEN CLASS 9AM - 10AM 10AM-11AM	19
20 WEAPONS 	21 <i>Master's Class</i>	22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26
27 ONE STEPS SELF DEFENSE 	28 <i>Master's Class</i>	29 HYUNGS 	30	01	02	03

Notes:

**WARM-UP = HYUNGS AT EVERY CLASS!**

2017

# December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	01	02 OPEN CLASS 9AM - 10AM 10AM-11AM	03
04 ONE STEPS SELF DEFENSE 	05 <i>Master's Class</i>	06 HYUNGS 	07	08	09 <b>GUP TESTING</b> 	10
11 HYUNGS 	12 <i>Master's Class</i>	13 ONE STEPS SELF DEFENSE 	14	15	16 <b>DAN TESTING</b> 	17
18 WEAPONS 	19 <i>Master's Class</i>	20 HYUNGS 	21 CLOSED	22 CLOSED	23 CLOSED	24 CLOSED
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31 CLOSED

01

02

Notes:

**WARM-UP = HYUNGS AT EVERY CLASS!**



2017

# January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
<b>CLOSED</b>	<b>CLOSED</b>	<b>WEAPONS</b> 			<b>OPEN CLASS</b> 9AM - 10AM 10AM-11AM	
08	09	10	11	12	13	14
<b>HYUNGS</b> 	<i>Master's Class</i>	<b>OPEN CLASS</b> 			<b>OPEN CLASS</b> 9AM - 10AM 10AM-11AM	
15	16	17	18	19	20	21
<b>WEAPONS</b> 	<i>Master's Class</i>	<b>ONE STEPS SELF DEFENSE</b> 			<b>OPEN CLASS</b> 9AM - 10AM 10AM-11AM	
22	23	24	25	26	27	28
<b>HYUNGS</b> 	<i>Master's Class</i>	<b>SPARRING</b> 			<b>OPEN CLASS</b> 9AM - 10AM 10AM-11AM	
29	30	31	01	02	03	04
<b>ONE STEPS SELF DEFENSE</b> 	<i>Master's Class</i>	<b>HYUNGS</b> 				

05

06

Notes:

**WARM-UP = HYUNGS AT EVERY CLASS!**