



Events Calendar

Suncoast Tang Soo Do
8508 Old County Road 54
New Port Richey, FL 34654
727-232-0177

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>-Topic for the Month- Self Control</p> <p>"You have power over your mind - not outside events. Realize this, and you will find strength." - Marcus Aurelius</p>						
			1 REGULAR CLASSES	2 REGULAR CLASSES Forms	3	4
5	6 REGULAR CLASSES	7 REGULAR CLASSES Forms	8 REGULAR CLASSES	9 REGULAR CLASSES 1-Steps Self-Defense	10	11
12 	13 REGULAR CLASSES	14 REGULAR CLASSES 1-Steps IN CLASS SPARRING	15 REGULAR CLASSES	16 REGULAR CLASSES Forms	17	18 C.O.B.R.A. SELF - DEFENSE Program
19	20 REGULAR CLASSES	21 REGULAR CLASSES Forms	22 REGULAR CLASSES	23 REGULAR CLASSES 1-Steps Self Defense	24	25
26	27  NO CLASS	28 Sparring Night Leadership Meeting 8:15-9:00pm	29	30 REGULAR CLASSES Forms	31	

REGULAR CLASSES:

Monday

5:15 - 6:00 Beginner Youth
6:15 - 7:45 Black Belts
7:45 - 8:30 Adults

Tuesday

5:30 - 6:15 Beginner Youth
6:15-7:00 Intermediate Youth
7:00-7:45 Advanced Youth
7:00-7:45 Black Belts
7:45-8:30 Adults

Wednesdays

5:30-6:15: Brown and Red Belts
6:30-7:30: All Ranks - Family Class

Thursday

5:30 - 6:15 Beginner Youth
6:15-7:00 Intermediate Youth
6:15-7:00 Adults
7:00-7:45 Advanced Youth
7:00-7:45 Black Belts
8:15-9:00: Advanced Black Belts

Tiny Tigers/Little Dragons (5 - 7 years)

Tuesday - 5:30 - 6:00 Thursday - 5:30 - 6:00