


February 2022 - Arava

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/30 Fitness	1/31 Master Club Demo Class Level 1 6:15pm Gold-High Blue 2nd Black Stripe Testing Week	1	1 Master Club Sparring 4:45pm	2	3 Staff and SWAT Training 7:00-8:00pm Ask Master O'Halloran for Permission.	4 Master Club Sparring Class 12:15-1:15pm
5 Endurance	6 Master Club Demo Class Level 1 6:15pm Gold-High Blue 3rd Black Stripe Testing Week	7 Kendo Class 2nd Degrees and Up 7:45-8:30pm	8 Master Club Sparring 4:45pm	9	10	11 Pre-Exam And Star Exam Brown-2nd Deg. 1:30-4:30pm Wheat Ridge Middle School
12 Friendship	13 Master Club Demo Class Level 1 6:15pm Red-Low Brown Stripe Testing Week	14 Happy Valentine's Day! 	15 Master Club Sparring 4:45pm	16	17 Mid-Winter Break Camp 8am-4pm Sign up at the Front Counter	18 Master Club Sparring Class 12:15-1:15pm
19 Flexibility	20 Mid-Winter Break Camp 8am-4pm Sign up at the Front Counter White-Orange 4th Black Stripe Testing Week	21	22 4th Black Stripe Testing Red-Low Brown 6:15pm Green-High Blue 7pm	23	24 4th Black Stripe Testing Green-High Blue 6:15pm Red-Low Brown 7pm	25 Prep Cycle #1 Wheat Ridge M.S. All Black Belts 1:30-3:00pm Brown-Conditional 3:00-4:30pm
26 Balance	27 Master Club Demo Class Level 1 6:15pm	28	29	3/1 Prep Cycle #2 Brown-Conditional 7:00-8:00pm All Black Belts 8:00-9:00pm	3/2 Staff and SWAT Training 7:00-8:00pm Ask Master O'Halloran for Permission.	3/3 Prep Cycle #3 All Black Belts 1:30-3:00pm Brown-Conditional 3:00-4:30pm Make Up Testing Camp 1:30-4:30pm

