

Sokcho – Rutherglen and Cathcart Class Schedule
May – June 2015

23/4/15 – Sport
26/4/15 – Self Defence / Step Sparring
28/4/15 – Fitness / Conditioning / Flexibility
30/4/15 – Traditional / Technical
3/5/15 – Sport
5/5/15 - Self Defence / Step Sparring
7/5/15 - Fitness / Conditioning / Flexibility
10/5/15 - Traditional / Technical
12/5/15 - Sport
14/5/15 - Self Defence / Step Sparring
17/5/15 - Fitness / Conditioning / Flexibility
19/5/15 - Traditional / Technical
21/5/15 - Sport
24/5/15 - *Class Cancelled* (Self Defence / Step Sparring)
26/5/15 - Fitness / Conditioning / Flexibility
28/5/15 - Traditional / Technical
31/5/15 – Sport
2/6/15 - Self Defence / Step Sparring
4/6/15 - Fitness / Conditioning / Flexibility
7/6/15 - Traditional / Technical
9/6/15 - Sport
11/6/15 - Self Defence / Step Sparring
14/6/15 - Fitness / Conditioning / Flexibility
16/6/15 - ***Last Night at School***Traditional / Technical
18/6/15 - Sport
21/6/15 – Self Defence / Step Sparring
25/6/15 – Traditional / Technical
28/6/15 - ***Class Cancelled*** - British Taekwondo Seminar