

# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat					
<p><b>Call today to schedule your 1:1 appt for a private karate or yoga lesson or a therapeutic massage.</b></p>			1	2	3	4					
5	<p>9 am Yoga 10-1pm 1:1 1:30-2:30pm Tai Chi 6pm Beginner/Youth Karate 7pm Yoga</p>	6	<p>6 pm- 7pm Beginner/Youth Karate 7pm -8:30 pm Karate Jutsu</p>	7	<p>9 am Yoga 10-2pm 1:1 6pm Beginner/Youth Karate 7pm Yoga</p>	8	<p>6 pm- 7pm Beginner/Youth Karate 7pm -8:30 pm Karate Jutsu</p>	9	10	11	
12	<p>9 am Yoga 10-1pm 1:1 1:30-2:30pm Tai Chi 6pm Beginner/Youth Karate 7pm Yoga</p>	13	<p>6 pm- 7pm Beginner/Youth Karate 7pm -8:30 pm Karate Jutsu</p>	14	<p>9 am Yoga 10-2pm 1:1 6pm Beginner/Youth Karate 7pm Yoga</p>	15	<p>6 pm- 7pm Beginner/Youth Karate 7pm -8:30 pm Karate Jutsu</p>	16	17	18	<p>ATAC 9a-12p @ Bellefontaine Dojo</p>
19	<p>9 am Yoga 10-1pm 1:1 1:30-2:30pm Tai Chi 6pm Beginner/Youth Karate 7pm Yoga</p>	20	<p>6 pm- 7pm Beginner/Youth Karate 7pm -8:30 pm Karate Jutsu</p>	21	<p>9 am Yoga 10-2pm 1:1 6pm Beginner/Youth Karate 7pm Yoga</p>	22	<p>6 pm- 7pm Beginner/Youth Karate 7pm -8:30 pm Karate Jutsu</p>	23	24	25	<p>9:30 - 11 am Kata Workshop</p>
26	<p>9 am Yoga 10-1pm 1:1 1:30-2:30pm Tai Chi 6pm Beginner/Youth Karate 7pm Yoga</p>	27	<p>6 pm- 7pm Beginner/Youth Karate 7pm -8:30 pm Karate Jutsu</p>	28	<p>9 am Yoga 10-2pm 1:1 6pm Beginner/Youth Karate 7pm Yoga</p>	29	<p>6 pm- 7pm Beginner/Youth Karate 7pm -8:30 pm Karate Jutsu</p>	30	31		

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