

32nd ANNUAL WINTER MARTIAL ARTS SPIRIT CAMP

Friday Schedule of Classes

TIME	CLASS	INSTRUCTOR
8:00 PM		Myers
8:30 PM		Hobson
8:45 PM		Gurganus
9:00 PM		Price
9:15 PM		Break
9:30 PM		Boyette
9:45 PM		Oviatt
10:00 PM		Pilch
10:00 PM to 10:30 PM	Spirit Training & Competition	EVERYONE

- Elevators may be used only during check-in and check-out. Climbing the stairs is part of your training.
- Everyone should be in the Dojo at least 15 minutes prior to each scheduled workout.
- Report any injury, no matter how small, to Hanshi Myers.