



# SUNRISE NOVEMBER 2017

**HAPPY THANKSGIVING**



This Month's Motto:

**KINDNESS COUNTS!!**

[www.emasunrise.com](http://www.emasunrise.com)



- IMPORTANT DATES**
- 11/10 DAY OFF CAMP
  - 11/10 Parkland Graduation 7:30 pm
  - 11/18 Movie Night 6 - 10 pm
  - 11/11 HOLIDAY SALE KICK OFF  
20% OFF MERCHANDISE
  - 11/17 Sunrise Graduation 7 pm
  - 11/22 DAY OFF CAMP
  - 11/23- THANKSGIVING BREAK
  - 11/26 NO REGULAR CLASSES!

- BRING-A-FRIEND DAYS**
- 11/4 Bring-A-Friend Day
  - 11/6 Bring-A-Friend Day
  - 11/11 Bring-A-Friend Day
  - 11/18 Bring-A-Friend Day
  - 11/28 Bring-A-Friend Day
  - 12/2 Bring-A-Friend Day

- BEGINNING NUNCHUKU**
- 11/17 5 pm

- BEGINNING BO STAFF**
- 11/10 5 pm

- TUMBLING**
- 11/3 5 pm
  - 12/1 5 pm

- BBLP SEMINAR**
- 11/3 7 pm - SWORD
  - 12/1 7 pm

- ACHIEVEMENT CLUB**
- 11/3 7:30 pm
  - 12/1 7:30 pm

- DEMO TEAM**
- 11/17 6:15 pm

- BBLP FITNESS**
- 11/18 1 pm - Westwind Park

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	<i>Topic of the Day</i>	
<b>C O M P A S S I O N</b>	DEC. 4 <i>T Shirt Day Parkour</i>	DEC. 5 <i>Test Review</i>	NOV. 1 <i>Test Review</i>	NOV. 2 <i>T Shirt Day Self Defense Gauntlet</i>	NOV. 3  <i>Tumbling 5 pm  BBLP Seminar 7 pm Achievement 7:30 pm</i>	NOV. 4 <i>T Shirt Day Instructor's Choice Parent Class Bring-A-Friend Day</i>	
	5	6 <i>T Shirt Day Circuit Training</i>  <i>Bring-A-Friend Day</i>	7 <i>Test Review</i>	8 <i>T Shirt Day Sparring Drills</i>  <i>*Gold &amp; Above Bring Protective Gear</i>	9 <i>Test Review</i>	10 <b>DAY OFF CAMP</b>  <i>Beg. Bo 5 pm Parkland Graduation 7:30 pm</i>	11 <i>T Shirt Day Paper Drills Parent Class Bring-A-Friend Day HOLIDAY SALE KICK OFF</i>
	12	13 <i>Test Review</i>	14 <i>T Shirt Day Pad Kicking Balloon Breaking</i>	15 <i>Test Review</i>	16 <i>T Shirt Day Self Defense Gauntlet</i>	17 <i>Beg. Nunchuku 5 pm Demo 6:30 pm Sunrise Graduation 7 pm</i>	18 <i>T Shirt Day Circuit Training BBLP Fitness Training 1 pm Westwind Park Bring-A-Friend Day Movie Night 6-10 pm</i>
	19	20 <i>T Shirt Day Extreme Combos</i>	21 <i>Test Review</i>	22 <b>DAY OFF CAMP</b> <i>T Shirt Day Sparring Drills</i>  <i>*Gold &amp; Above Bring Protective Gear</i>	<b>THANKSGIVING BREAK NO CLASSES!!!</b>		
	26	27 <i>Test Review</i>	28 <i>T Shirt Day Self Defense Battlefield</i>  <i>Bring-A-Friend Day</i>	29 <i>Test Review</i>	30 <i>T Shirt Day Pad Kicking Board Breaking</i>	DEC. 1 <i>Tumbling 5 pm BBLP Seminar 7 pm Achievement 7:30</i>	DEC. 2 <i>T Shirt Day Target Practice Parent Class Bring-A-Friend Day</i>