



# SUNRISE MAY 2019



This Month's Motto:  
*I Believe,  
Therefore I Achieve!!*

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### IMPORTANT DATES

- 5/1-5/31 Mom's Month!!!
- 5/7 Bring-A-Friend-Day
- 5/9 Bring-A-Friend-Day
- 5/10 Parkland Graduation 7:30 pm
- 5/11 Mom and Me Class 10:30 am
- 5/11 Bring-A-Friend-Day
- 5/11 Bring-A-Friend-Day
- 5/17 Sunrise Graduation 7 pm
- 5/18 Bring-A-Friend-Day
- 5/18 BLACK BELT TEST 1 pm
- 5/21 Bring-A-Friend-Day
- 5/23 Bring-A-Friend-Day
- 5/25-5/27 MEMORIAL DAY WEEKEND
- 5/27 NO CLASSES!!!
- 6/1 BLACK STRIPE TEST

### BEGINNING NUNCHUKU

- 5/10 5 pm
- 5/31 5 pm

### BEGINNING BO STAFF

- 5/17 5 pm

### TUMBLING

- 5/10 5 pm

### BBLP SEMINAR

- 5/3 7 pm

### ACHIEVEMENT CLUB

- 5/3 7:30 pm

### DEMO TEAM

- 5/17 6:15 pm

### BBLP FITNESS

- 5/11 12:30 pm

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>MEMORIAL DAY WEEKEND</b>	APRIL 29 <b>T-Shirt Day Kung Fu</b>	APRIL 30 <b>Test Review</b>	MAY 1 <b>T-Shirt Day Sparring Drills</b> <i>*Gold &amp; Above Bring Protective Gear</i>	2 <b>Test Review</b>	3 <b>Tumbling 5 pm</b>  <b>BBLP 7:00 Achievement 7:30</b>	4 <b>T-Shirt Day Instructor's Choice</b>  <i>Bring A Friend Day</i>	
	5	6 <b>Test Review</b>	7 <b>T Shirt Day Self Defense Dodge Pad</b>  <i>Bring A Friend Day</i>	8 <b>Test Review</b>	9 <b>T Shirt Day Pad Kicking Balloon Breaking</b>  <i>Bring A Friend Day</i>	10 <b>Beg. Nunchuku 5 pm</b>  <b>Parkland Graduation 7:30 pm</b>	11 <b>T- Shirt Day Mom &amp; Me Class 10:30 am</b>  <b>Extreme Combos BBLP Fitness 12:30 pm Westwind Park Bring A Friend Day</b>
	12	13 <b>T Shirt Day Parkour</b>	14 <b>Test Review</b>	15 <b>T-Shirt Day Sparring Drills</b>  <i>*Gold &amp; Above Bring Protective Gear</i>	16 <b>Test Review</b>	17 <b>Beg. Bo 5:00 pm Demo 6:15 pm</b>  <b>Sunrise Graduation 7 pm</b>	18 <b>T Shirt Day Circuit Training BLACK BELT TEST 1 pm</b>  <i>Bring A Friend Day</i>
	19	20 <b>Test Review</b>	21 <b>T Shirt Day Kung Fu</b>  <i>Bring A Friend Day</i>	22 <b>Test Review</b>	23 <b>T Shirt Day Self Defense Battlefield</b>  <i>Bring A Friend Day</i>	24 <b>Tumbling 5 pm</b>	25 <b>MEMORIAL DAY WEEKEND NO CLASSES!</b>
	26	27 <b>MEMORIAL DAY NO CLASSES!</b>	28 <b>Test Review</b>	29 <b>T-Shirt Day Sparring Drills</b>  <i>*Gold &amp; Above Bring Protective Gear</i>	30 <b>Test Review</b>	31 <b>Beg. Nunchuku 5 pm</b>  <b>BBLP Seminar 7 pm Achievement 7:30 pm</b>	JUNE 1 <b>T Shirt Day BLACK STRIPE TEST</b>  <i>Bring A Friend Day</i>