

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All students 35 yrs & under bring your spar gear to all classes this	All Mondays 7:10 Yellow- Black Belt Sparring class in main dojo and traditional in upstairs dojo for for 35+	Next Kyu Test February 25	Sparring class for kids 12 & under who are purple belt or higher every Wed at 6:05 pm	H	2	3
4	5 Dojo Reopens	6	7	8	9	10 Leadership workshop – whole team 1-3 pm
11	12 Sparring Day Kids classes	13 Sparring Day Kids classes Strength Training & Flexibility 7:10 class for all Ranks Teen/adult	14	15	16	17 Picture Day 1:30-4:30 pm
18	19	20 SWEAT CLASS 5:00 Brown/Jr. Black	21	22 Sandan & above class 7:10 upstairs	23	24
25 Moai 2:00 Sandan & above RSVP required	26	27 Strength Training & Flexibility 7:10 class for all Ranks Teen/adult	28 Sparring Day Kids classes	29 Sparring Day Kids classes	30	31 KA Prov Tourney (Jr. Team selection) Calgary See website or talk to Sempai Noah