

# PMAA's CLASS FORMAT & SPARRING CALENDAR

## JANUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>X</b>	2 <b>B</b>	3 <b>B/C</b>	4 <b>B/A</b>	5 <b>D</b>
7 <b>S</b>	8 <b>S</b>	9 <b>B</b>	10 <b>C</b>	11 <b>D</b>	12 <b>B/A</b>
14 <b>A</b>	15 <b>S</b>	16 <b>S</b>	17 <b>B</b>	18 <b>C</b>	19 <b>X/T</b>
21 <b>D</b>	22 <b>A</b>	23 <b>A/C</b>	24 <b>S</b>	25 <b>X-PT</b>	26 <b>D/T</b>
28 <b>B</b>	29 <b>C</b>	30 <b>D</b>	31 <b>A</b>		

## FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat
				1 <b>S</b>	2 <b>B</b>
4 <b>S</b>	5 <b>B</b>	6 <b>C</b>	7 <b>S</b>	8 <b>D</b>	9 <b>A</b>
11 <b>A/C</b>	12 <b>S</b>	13 <b>S</b>	14 <b>B/A</b>	15 <b>C</b>	16 <b>X</b>
18 <b>X</b>	19 <b>D</b>	20 <b>D</b>	21 <b>D</b>	22 <b>D</b>	23 <b>X-PT</b>
25 <b>S</b>	26 <b>A</b>	27 <b>B</b>	28 <b>C</b>		

## MARCH 2019

Mon	Tue	Wed	Thu	Fri	Sat
				1 <b>A</b>	2 <b>B</b>
4 <b>A</b>	5 <b>S</b>	6 <b>B</b>	7 <b>S</b>	8 <b>B</b>	9 <b>C</b>
11 <b>S</b>	12 <b>C</b>	13 <b>S</b>	14 <b>A</b>	15 <b>C</b>	16 <b>D</b>
18 <b>C</b>	19 <b>S</b>	20 <b>B</b>	21 <b>C</b>	22 <b>D</b>	23 <b>X-PT</b>
25 <b>S</b>	26 <b>B</b>	27 <b>C</b>	28 <b>D</b>	29 <b>S</b>	30 <b>B</b>

**A** = Fundamentals / Poomsae   **B** = Kicking / Kick-boxing / Breaking   **C** = Mat Work / Self-defense   **D** = Instructor's Choice / Test Prep

**S** = SPARRING NIGHT   **X** = CLOSED   **X-PT** = CLOSED/PROMOTION TEST   **I** = Edmonton / Alberta Tournament

### PLEASE NOTE... PARENTS & STUDENTS!

- Class schedule may change without notice to accommodate student' needs as deemed necessary by Instructors!  
Please visit [www.pmaa.ca](http://www.pmaa.ca) for all official events, class cancellations and schedules!
- Do not be late for class! Parents / Students must phone PMAA at 780-544-9931 if going to be late (within reason).
- ALL STUDENTS are required to bring safety equipment (sparring gear) on ALL "**S**" Nights for class participation.  
Students will not be permitted to participate if safety equipment is not readily accessible! This will be strictly enforced!

### Safety Equipment Checklist

- Head Gear    Chest Protector    Fist & Forearm Guards    Shin & Instep Guards    Groin Guard  
 \*Mouth Guard (*\*Must be fitted / molded properly... see insert in case for molding directions. Students with braces should discuss best options with your Dentist.*)