

Elite Taekwondo 2012 Class Rotation Schedule

JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
C	D	E	F	A	B	C
8	9	10	11	12	13	14
D	E	F	A	B	C	D
15	16	17	18	19	20	21
E	F	A	B	C	D	E
22	23	24	25	26	27	28
F	A	B	C	D	E	F
29	30	31				
A	B	C				

FEBRUARY

S	M	T	W	T	F	S
			1	2	3	4
			D	E	F	A
5	6	7	8	9	10	11
B	C	D	E	F	A	B
12	13	14	15	16	17	18
C	D	E	F	A	B	C
19	20	21	22	23	24	25
D	E	F	A	B	C	D
26	27	28	29			
E	F	A	B			

MARCH

S	M	T	W	T	F	S
				1	2	3
				C	D	E
4	5	6	7	8	9	10
F	A	B	C	D	E	F
11	12	13	14	15	16	17
A	B	C	D	E	F	A
18	19	20	21	22	23	24
B	C	D	E	F	A	B
25	26	27	28	29	30	31
C	D	E	F	A	B	C

APRIL

S	M	T	W	T	F	S
1	2	3	4	5	6	7
D	E	F	A	B	C	D
8	9	10	11	12	13	14
E	F	A	B	C	D	E
15	16	17	18	19	20	21
F	A	B	C	D	E	F
22	23	24	25	26	27	28
A	B	C	D	E	F	A
29	30					
B	C					

MAY

S	M	T	W	T	F	S
			1	2	3	4
			D	E	F	A
6	7	8	9	10	11	12
C	D	E	F	A	B	C
13	14	15	16	17	18	19
D	E	F	A	B	C	D
20	21	22	23	24	25	26
E	F	A	B	C	D	E
27	28	29	30	31		
F	A	B	C	D		

JUNE

S	M	T	W	T	F	S
						1
						E
3	4	5	6	7	8	9
A	B	C	D	E	F	A
10	11	12	13	14	15	16
B	C	D	E	F	A	B
17	18	19	20	21	22	23
C	D	E	F	A	B	C
24	25	26	27	28	29	30
D	E	F	A	B	C	D

JULY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
E	F	A	B	C	D	E
8	9	10	11	12	13	14
F	A	B	C	D	E	F
15	16	17	18	19	20	21
A	B	C	D	E	F	A
22	23	24	25	26	27	28
B	C	D	E	F	A	B
29	30	31				
C	D	E				

AUGUST

S	M	T	W	T	F	S
			1	2	3	4
			F	A	B	C
5	6	7	8	9	10	11
D	E	F	A	B	C	D
12	13	14	15	16	17	18
E	F	A	B	C	D	E
19	20	21	22	23	24	25
F	A	B	C	D	E	F
26	27	28	29	30	31	
A	B	C	D	E	F	

SEPTEMBER

S	M	T	W	T	F	S
						1
						A
2	3	4	5	6	7	8
B	C	D	E	F	A	B
9	10	11	12	13	14	15
C	D	E	F	A	B	C
16	17	18	19	20	21	22
D	E	F	A	B	C	D
23	24	25	26	27	28	29
E	F	A	B	C	D	E
30						
F						

OCTOBER

S	M	T	W	T	F	S
						1
						A
7	8	9	10	11	12	13
A	B	C	D	E	F	A
14	15	16	17	18	19	20
B	C	D	E	F	A	B
21	22	23	24	25	26	27
C	D	E	F	A	B	C
28	29	30	31			
D	E	F	A			

NOVEMBER

S	M	T	W	T	F	S
						1
						B
4	5	6	7	8	9	10
E	F	A	B	C	D	E
11	12	13	14	15	16	17
F	A	B	C	D	E	F
18	19	20	21	22	23	24
A	B	C	D	E	F	A
25	26	27	28	29	30	
B	C	D	E	F	A	

DECEMBER

S	M	T	W	T	F	S
						1
						B
2	3	4	5	6	7	8
C	D	E	F	A	B	C
9	10	11	12	13	14	15
D	E	F	A	B	C	D
16	17	18	19	20	21	22
E	F	A	B	C	D	E
23	24	25	26	27	28	29
F	A	B	C	D	E	F
30	31					
A	B					

A-Promotion Preparation

B-Kicking Training

C-Pattern & Basic Movements

D-Sparring Techniques

E-Self Defense/Falling Techniques

F-Long Stretch, Breaking Technique & Target Sparring