



HOLLYMEAD SELF-DEFENSE CLASS CALENDARS Fall 2023 Thursdays

Class Times:

6:45-7:25pm White Belts ages 5-up

7:30-8:10pm Yellow Belts & above

8:15-8:55pm Adults

aimusaeastcoast@gmail.com (office)

Questions Contact Sensei Roy

804-434-906-7433

Class #1	09/07/2023
Class #2	09/14/2023
Class #3	09/21/2023
Class #4	09/28/2023
Class #5	10/05/2023
Class #6	10/12/2023
Class #7	10/19/2023
Class #8	10/26/2023
Class #9	11/02/2023
Class #10	11/09/2023
Class #11	11/16/2023
No Class	11/23/2023- Thanksgiving Break
Class #12	11/30/2023 - Testing
Class #13	12/07/2023 Make up Testing
Class #14	12/14/2023 – Awards Final Class
Tournament	1/06/2024- Location to be announced
