

## Hinode Practice Schedule – November 2018

Sun	Monday	Tues	Wednesday	Thurs	Friday	Saturday
				1	2 6:00 to 7:15pm – all levels 7:15 to 8:00pm – black belts	3
4	5 6:00 to 7:00pm – all levels 7:05 to 8:00pm – brown & black	6	7 6:00 to 7:15pm – all levels 7:20 to 8:30pm – kobudo	8	9 6:00 to 7:15pm – all levels 7:15 to 8:00pm – black belts	10
11	12 6:00 to 7:00pm – all levels 7:05 to 8:00pm – brown & black	13	14 6:00 to 7:15pm – all levels 7:20 to 8:30pm – kobudo	15	16 6:00 to 7:15pm – all levels 7:15 to 8:00pm – black belts	17
18	19 6:00 to 7:00pm – all levels 7:05 to 8:00pm – brown & black	20	21 6:00 to 7:15pm – all levels 7:20 to 8:30pm – kobudo	22	23 6:00 to 7:15pm – all levels 7:15 to 8:00pm – black belts	24
25	26 6:00 to 7:00pm – all levels 7:05 to 8:00pm – brown & black	27	28 6:00 to 7:15pm – all levels 7:20 to 8:30pm – kobudo	29	30 6:00 to 7:15pm – all levels 7:15 to 8:00pm – black belts	

### Event Reminders - November / December 2018

- December 6 to 9, 2018 – Shotokan Karate Seminars by Yutaka Yaguchi & Mark Tarrant (Port Moody, BC)