






February 2010

Side By Side Month

Mentor a Friend who can come to class with you all month for FREE!! Call or go to the front desk for details!!!

The Future of Fitness

3101 1/2 28th Street ~ Boulder, CO 80301 • 303-402-9460 www.transmartialarts.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 MTKB Review Stripe Testing 11:30 am!!!
7	8	9	10	11	12 MTKB Red Carpet Night 5:30 pm	13
14 HAPPY VALENTINES DAY	15	16	17 	18	19	20
						
21	22	23	24	25 TRANS Happy Hour 7:30pmcybart	26	27
28						

Lesson in Mindfulness:
Commitment - "Finish what you start!"