


JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 JKD Outdoor Class 8.30am - 10am	2
3	4 UDC Group Class SF Centre,PJ 8pm-9.30pm	5	6 UDC Group Class SF Centre,PJ 8pm-9.30pm	7	8 UDC Group Classes SF - 11.30am - 1pm	9
10 UDC Group Class Puchong 8pm-9pm	11 UDC Group Class SF Centre,PJ 8pm-9.30pm	12	13 UDC Group Class SF Centre,PJ 8pm-9.30pm	14	15 UDC Group Classes SF - 11.30am - 1pm	16
17 UDC Group Class Puchong 8pm-9pm	18 UDC Group Class SF Centre,PJ 8pm-9.30pm	19 UDC Corp Trainng@ KL 6pm-7.30pm	20 UDC Group Class SF Centre,PJ 8pm-9.30pm	21	22 UDC Group Classes SF - 11.30am - 1pm	23
24 UDC Group Class Puchong 8pm-9pm	25 UDC Group Class SF Centre,PJ 8pm-9.30pm	26 UDC Corp Trainng@ KL 6pm-7.30pm	27 UDC Group Class SF Centre,PJ 8pm-9.30pm	28	29 (Sub Ins - Dom) UDC Group Classes SF - 11.30am - 1pm	30
31 UDC Group Class Puchong 8pm-9pm		Weekly Group Classes Location: 1)Michael's Badminton Academy@Bukit Puchong 2)SF Centre@Aman Suria/Sunway Mas Commercial Centre,Petaling Jaya				



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 MIND & PHYSICAL
 DEVELOPMENT



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