

Teen/Adult KARATE

MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Krav Maga 6:45-7:45 pm	1 Kickboxing 6:45-7:45 pm Tai Chi 7:45-8:45pm	2 Krav Maga 6:45-7:45 pm	3 Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	4	5 Tai Chi Sat & Sun 3:00-4:00
7 Krav Maga 6:45-7:45 pm	8 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	9 Krav Maga 6:45-7:45 pm	10 Ippon Kumite 6:45 -7:45 pm Tai Chi 7:45-8:45pm	11	12 Gulf Shores Tournament Tai Chi Sat & Sun 3:00-4:00
14 Krav Maga 6:45-7:45 pm	15 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	16 Krav Maga 6:45-7:45 pm	17 Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	18	19 Family Karate Tournament Tai Chi Sat & Sun 3:00-4:00
21 Krav Maga 6:45-7:45 pm	22 Combinations 6:45-7:45 pm Tai Chi 7:45-8:45pm	23 Krav Maga 6:45-7:45 pm	24 Board breaking 6:45-7:45 pm Tai Chi 7:45-8:45pm	25	26 Tai Chi Sat & Sun 3:00-4:00
28 Memorial Day Closed	29 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	30 Krav Maga 6:45-7:45 pm	31 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	1	2 Tai Chi Sat & Sun 3:00-4:00