

Teen/Adult KARATE

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Krav Maga 6:45-7:45 pm	31 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	1 Krav Maga 6:45-7:45 pm	2 Ippon Kumite 6:45 -7:45 pm Tai Chi 7:45-8:45pm	3	4 Adult Karate 9:30-10:30 Tai Chi Sat & Sun 3:00-4:00
6 Krav Maga 6:45-7:45 pm	7 Kickboxing 6:45-7:45 pm Tai Chi 7:45-8:45pm	8 Krav Maga 6:45-7:45 pm	9 Combinations 6:45-7:45 pm Tai Chi 7:45-8:45pm	10	11 Women's Self-Defense Workshop 10am-12noon
13 Krav Maga 6:45-7:45 pm	14 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	15 Krav Maga 6:45-7:45 pm	16 Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	17	18 Adult Karate 9:30-10:30 Tai Chi Sat & Sun 3:00-4:00
20 Krav Maga 6:45-7:45 pm	21 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	22 Krav Maga 6:45-7:45 pm	23 Board breaking 6:45-7:45 pm Tai Chi 7:45-8:45pm	24	25 Adult Karate 9:30-10:30 Tai Chi Sat & Sun 3:00-4:00
27 Krav Maga 6:45-7:45 pm	28 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	29 Krav Maga 6:45-7:45 pm	30 Combinations 6:45-7:45 pm Tai Chi 7:45-8:45pm	31	1 Closed