

Teen/Adult KARATE

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Closed Labor Day Happy Kids Happy Mom 10	4 Kickboxing 6:45-7:45 pm Tai Chi 7:45-8:45pm	5 Krav Maga 6:45-7:45 pm	6 Ippon Kumite 6:45 -7:45 pm Tai Chi 7:45-8:45pm	7	8 Adult Karate 9:30-10:30 Tai Chi Sat & Sun 3:00-4:00
10 Krav Maga 6:45-7:45 pm	11 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	12 Krav Maga 6:45-7:45 pm	13 Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	14	15 Adult Karate 9:30-10:30 Tai Chi Sat & Sun 3:00-4:00
17 Krav Maga 6:45-7:45 pm	18 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	19 Krav Maga 6:45-7:45 pm	20 Combinations 6:45-7:45 pm Tai Chi 7:45-8:45pm	21	22 Women's Self-Defense Workshop 10am-12noon
24 Krav Maga 6:45-7:45 pm	25 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	26 Krav Maga 6:45-7:45 pm	27 Board breaking 6:45-7:45 pm Tai Chi 7:45-8:45pm	28	29 Adult Karate 9:30-10:30 Tai Chi Sat & Sun 3:00-4:00
1 Krav Maga 6:45-7:45 pm	2 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	3 Krav Maga 6:45-7:45 pm	4 Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	5	6 Adult Karate 9:30-10:30 Tai Chi Sat & Sun 3:00-4:00