

Teen/Adult KARATE

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
8 Krav Maga 6:45-7:45 pm	9 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	10 Krav Maga 6:45-7:45 pm	11 Weapons 6:45 -7:45 pm Tai Chi 7:45-8:45pm	12	13 Adult Karate 9: 30-10: 30
15 Krav Maga 6:45-7:45 pm	16 Self-Defense 6:45-7:45 pm Tai Chi 7:45-8:45pm	17 Krav Maga 6:45-7:45 pm	18 Self-Defense 6:45-7:45 pm Tai Chi 7:45-8:45pm	19	20 Black Belt Testing Adult Karate 9: 30-10: 30
22 Krav Maga 6:45-7:45 pm	23 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	24 Krav Maga 6:45-7:45 pm	25 Board breaking Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	26	27 Parent Student Karate Fall Fest Demo
29 Krav Maga 6:45-7:45 pm	30 Kickboxing 6:45-7:45 pm Tai Chi 7:45-8:45pm	31 Krav Maga 6:45-7:45 pm	1 Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	2	3 Adult Karate 9: 30-10: 30