

Teen/Adult KARATE

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Self Defense 9 - 11
5 Krav Maga 6:45-7:45 pm	6 Weapons 6:45 -7:45 pm Tai Chi 7:45-8:45pm	7 Krav Maga 6:45-7:45 pm	8 Ippon Kumite 6:45-7:45 pm Tai Chi 7:45-8:45pm	9	10 <i>Christ-mas Sale</i>
12 Krav Maga 6:45-7:45 pm	13 Combinations 6:45-7:45 pm Tai Chi 7:45-8:45pm	14 Krav Maga 6:45-7:45 pm	15 Self-Defense 6:45-7:45 pm Tai Chi 7:45-8:45pm	16	17 Adult Karate 9:00-10:00
19 Krav Maga 6:45-7:45 pm	20 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	21 Krav Maga 6:45-7:45 pm	22 Happy Thanksgiving CLOSED	23	24 Adult Karate 9:30-10:30
26 Krav Maga 6:45-7:45 pm	27 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	28 Krav Maga 6:45-7:45 pm	29 Board Breaking Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	30	1 Adult Karate 9:00-10:00

Family Christmas Party – December 7th 7:00 pm