



Teen / Adult Karate

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Happy New Year! <i>closed</i>	1 New Year! <i>closed</i>	2	3 Teen/Adult Karate 6:45pm Tai-Chi 7:45p	4	5 Balintawak 8am Teen/Adult Karate 9am Black belt 10am Jr. Karate 10:45am Lil Ninja 11:30am
7 Krav Maga 6:45-7:45 pm	8 Self-Defense 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	5 Balintawak 8am Teen/Adult Karate 9am Black belt 10am Jr. Karate 10:45am Lil Ninja 11:30am
14 Kick-boxing 6:45-7:45 pm Krav Maga 6:45-7:45 pm	15 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	16 Krav Maga 6:45-7:45 pm	17 Combinations 6:45-7:45 pm Tai Chi 7:45-8:45pm	18	5 Balintawak 8am Teen/Adult Karate 9am Black belt 10am Jr. Karate 10:45am Lil Ninja 11:30am
21 Weapons 6:45-7:45 pm Krav Maga 6:45-7:45 pm	22 Kickboxing 6:45-7:45 pm Tai Chi 7:45-8:45pm	23 Krav Maga 6:45-7:45 pm	24 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	25	26 Adult Testing 9 am
28 Self-Defense 6:45-7:45 pm Krav Maga 6:45-7:45 pm	29 Ippon Kumite 6:45-7:45 pm Tai Chi 7:45-8:45pm	30 Krav Maga 6:45-7:45 pm	1 Kick-boxing 6:45-7:45 pm Tai Chi 7:45-8:45pm	2	3 Parent Student Family Karate