

TEEN/ADULT KARATE

FEBRUARY 2026

MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
2 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	3 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	4	5 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm	6	7
9 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	10 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	11	12 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	13 Parents Night Out	14
16 Combinations 6:00-7:00 pm Kickboxing 7:00-8:00 pm	17 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	18	19 BB Training 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	20	21 Black Belt Testing
23 Ippon Kumite 6:00-7:00 pm Kickboxing 7:00-8:00 pm	24 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	25	26 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	27	28 Co-ed Self Defense Workshop 10-3
2 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	3 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	4	5 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	6	7 Teen/Adult Testing 10am

BB Training Tuesday & Thursday @ 6pm

Teen/Adult Karate Monday @ 6pm and Tuesday & Thursday @ 7pm