



**Falbo's  
FAMILY  
KARATE**  
934-7977  
www.FalbosFamilyKarate.com

# TEEN/ADULT KARATE DECEMBER 2024



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
2 <b>Combos</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	3 <b>BB Training</b> 6:00-7:00 pm <b>Kata</b> 7:00-8:00 pm	4	5 <b>BB Training</b> 6:00-7:00 pm <b>Sparring</b> 7:00-8:00 pm	6 <b>CHRISTMAS PARTY</b> 6:30	7
9 <b>Weapons</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	10 <b>BB Training</b> 6:00-7:00 pm <b>Self Defense</b> 7:00-8:00 pm	11	12 <b>BB Training</b> 6:00-7:00 pm <b>Ippon Kumite</b> 7:00-8:00 pm	13	14
16 <b>Kata</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	17 <b>BB Training</b> 6:00-7:00 pm <b>Weapons</b> 7:00-8:00 pm	18	19 <b>BB Training</b> 6:00-7:00 pm <b>Board Breaking</b> 7:00-8:00 pm	20	21
23	24	25	26	27	28
<b>Merry Christmas!</b> <b>CLOSED ALL WEEK</b>					
30 <b>Combos</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	31 <b>BB Training</b> 6:00-7:00 pm <b>Ippon Kumite</b> 7:00-8:00 pm	1	2 <b>BB Training</b> 6:00-7:00 pm <b>Self Defense</b> 7:00-8:00 pm	3	4

BB Training Tuesday & Thursday @ 6pm

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