

TEEN/ADULT KARATE

SEPTEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Labor Day CLOSED	2 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	3	4 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	5	6 Teen Adult Class 9am Reserve a spot
8 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	9 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	10	11 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	12	13 
15 Combinations 6:00-7:00 pm Kickboxing 7:00-8:00 pm	16 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	17	18 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	19	20 Teen Adult Class 9am Reserve a spot
22 Ippon Kumite 6:00-7:00 pm Kickboxing 7:00-8:00 pm	23 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	24	25 BB Training 6:00-7:00 pm Kickboxing 7:00-8:00 pm	26	27 Teen Adult Class 9am Parent Student Family Karate
29 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	30 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	1	2 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	3	4 Teen Adult Class 9am Reserve a spot

BB Training Tuesday & Thursday @ 6pm

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