

# TEEN/ADULT KARATE

## JULY 2026



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
29 <b>Weapons</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	30 <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>Combinations</b> 7:00-8:00 pm	3	4 <b>250 YRS Independence Day</b>
6 <b>Kata</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	7 <b>BB Training</b> 6:00-7:00 pm <b>Self Defense</b> 7:00-8:00 pm	8	9 <b>BB Training</b> 6:00-7:00 pm <b>Sparring</b> 7:00-8:00 pm	10	11
13 <b>Ippon Kumite</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	14 <b>BB Training</b> 6:00-7:00 pm <b>Weapons</b> 7:00-8:00 pm	15	16 <b>BB Training</b> 6:00-7:00 pm <b>Board Breaking</b> 7:00-8:00 pm	17	18
20 <b>Self Defense</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	21 <b>BB Training</b> 6:00-7:00 pm <b>Sparring</b> 7:00-8:00 pm	22	23 <b>BB Training</b> 6:00-7:00 pm <b>Basics/Kata</b> 7:00-8:00 pm	24	25
27 <b>Weapons</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	28 <b>BB Training</b> 6:00-7:00 pm <b>Ippon Kumite</b> 7:00-8:00 pm	29	30 <b>BB Training</b> 6:00-7:00 pm <b>Kata</b> 7:00-8:00 pm	31	1

BB Training Tuesday & Thursday @ 6pm

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