

TEEN/ADULT KARATE

NOVEMBER 2025



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
3 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	4 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	5	6 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm	7 Open Mat Training 4:30 pm	8 Teen Adult Class 9am Reserve a spot
10 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	11 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	12	13 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	14	15 Christ-mas Sale 10-1
17 Combinations 6:00-7:00 pm Kickboxing 7:00-8:00 pm	18 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	19	20 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	21	22 Teen Adult Class 9am Parent Student Family Karate
24 Ippon Kumite 6:00-7:00 pm Kickboxing 7:00-8:00 pm	25 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	26	27 Happy Thanksgiving Closed	28	29
1 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	2 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	3	4 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	5	6 Teen Adult Class 9am Reserve a spot

BB Training Tuesday & Thursday @ 6pm

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