

TEEN/ADULT KARATE

JULY 2026



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
29 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	30 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	1	2 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm	3	4 250 YRS Independence Day
6 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	7 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	8	9 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	10	11
13 Ippon Kumite 6:00-7:00 pm Kickboxing 7:00-8:00 pm	14 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	15	16 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	17	18
20 Self Defense 6:00-7:00 pm Kickboxing 7:00-8:00 pm	21 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	22	23 BB Training 6:00-7:00 pm Basics/Kata 7:00-8:00 pm	24	25
27 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	28 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	29	30 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	31	1

BB Training Tuesday & Thursday @ 6pm

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