



Adult/Teen Karate

DECEMBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Ippon Kumite 6:45-7:45 pm Krav Maga 6:45-7:45 pm	3 Combinations 6:45-7:45 pm Black Belt Training 7:45-8:30pm	4 Krav Maga 6:45-7:45 pm	5 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30pm Krav Maga 6:45	6 Christ-mas Gathering 7pm	7
9 Kata 6:45-7:45pm Krav Maga 6:45-7:45 pm	10 Self-Defense 6:45-7:45 pm Black Belt Training 7:45-8:30pm	11 Krav Maga 6:45-7:45 pm	12 Sparring 6:45-7:45 pm Black Belt Training 7:45-8:30pm Krav Maga 6:45	13	14
16 Weapons 6:45 -7:45 pm Krav Maga 6:45-7:45 pm	17 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30pm	18 Krav Maga 6:45-7:45 pm	19 Board Breaking Sparring 6:45-7:45 pm Black Belt Training 7:45-8:30 PM Krav Maga 6:45	20	21
23 Combinations 6:45-7:45 pm Krav Maga 6:45-7:45 pm	24 Kick Boxing 6:45-7:45 pm Black Belt Training 7:45-8:30 pm	MERRY CHRISTMAS CLOSED			28
30 Ippon Kumite 6:45-7:45 Krav Maga 6:45-7:45 pm	31 Weapons 6:45-7:45 pm Black Belt Training 7:45-8:30 pm	1 Happy New Year Closed	2 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30 pm Krav Maga 6:45	3	4

Christmas Gathering Dec 6th at 7 PM