



# Teen / Adult Karate

## April 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Kata</b> 6:45-7:45 pm <b>Krav Maga</b> 6:45-7:45 pm	<b>2 Self-Defense</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>3 Krav Maga</b> 6:45-7:45 pm	<b>4 Sparring</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>5</b>	<b>6 Weapons</b> 9:00am-10am
<b>8 Ippon Kumite</b> 6:45-7:45 pm <b>Krav Maga</b> 6:45-7:45 pm	<b>9 Kick-boxing</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>10 Krav Maga</b> 6:45-7:45 pm	<b>11 Kata</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>12</b>	<b>13 Sparring</b> 9:00 am-10am
<b>15 Combinations</b> 6:45-7:45 pm <b>Krav Maga</b> 6:45-7:45 pm	<b>16 Sparring</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>17 Krav Maga</b> 6:45-7:45 pm	<b>18 Ippon Kumite</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>19 CLOSED</b> Good Friday	<b>20</b>
<b>22 Weapons</b> 6:45-7:45 pm <b>Krav Maga</b> 6:45-7:45 pm	<b>23 Weapons</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>24 Krav Maga</b> 6:45-7:45 pm	<b>25 Breaking/Spar</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>26</b>	<b>27 Parent Student Family Karate</b> 9:30 am <b>Self Defense Workshop</b> 11am
<b>29 Kata</b> 6:45-7:45 pm <b>Krav Maga</b> 6:45-7:45 pm	<b>30 Kick-boxing</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>1 Krav Maga</b> 6:45-7:45 pm	<b>2 Weapons</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	<b>3</b>	<b>4</b>

Tuesday & Thursday 7:45 – 8:30 pm Black Belt Training