



Adult/Teen Karate

AUGUST 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 KickBoxing 6:00-7:00 pm Karate 7:00-8:00pm	3 KickBoxing 6:00-7:00 pm Self-Defense 7:00-8:00 pm	4	5 KickBoxing 6:00-7:00 pm Sparring 7:00-8:00 pm	6	7
9 Karate 6:00-7:00pm	10 KickBoxing 6:00-7:00 pm Kata 7:00-8:00pm	11	12 KickBoxing 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	13	14 KickBoxing BJJ 9:00-10:00 am
16 Karate 6:00-7:00pm	17 KickBoxing 6:00-7:00 pm Weapons 7:00-8:00pm	18	19 KickBoxing 6:00-7:00 pm Self-Defense 7:00-8:00 pm	20	21 KickBoxing BJJ 9:00-10:00 am
23 Karate 6:00-7:00pm	24 KickBoxing 6:00-7:00 pm Combinations 7:00-8:00 pm	25	26 KickBoxing 6:00-7:00 pm Breaking/Sparring 7:00-8:00 pm	27	28 Parent Student Family Karate
30 Karate 6:00-7:00pm	31 KickBoxing 6:00-7:00 pm Kata 7:00-8:00pm	1	2 KickBoxing 6:00-7:00 pm Weapons 7:00-8:00 pm	3	4 KickBoxing BJJ 9:00-10:00 am