



# Teen / Adult Karate

## August 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Karate</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	2 <b>BB Training</b> 6:00-7:00 pm <b>Combinations</b> 7:00-8:00 pm	3	4 <b>BB Training</b> 6:00-7:00 pm <b>Self Defense</b> 7:00-8:00 pm	5	6 <b>Fire Department Back to School Party 4-6</b>
8 <b>Karate</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	9 <b>BB Training</b> 6:00-7:00 pm <b>Weapons</b> 7:00-8:00 pm	10 <b>1<sup>st</sup> Day of School</b>	11 <b>BB Training</b> 6:00-7:00 pm <b>Kick Boxing</b> 7:00-8:00 pm	12	13
15 <b>Karate</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	16 <b>BB Training</b> 6:00-7:00 pm <b>Kata</b> 7:00-8:00 pm	17	18 <b>BB Training</b> 6:00-7:00 pm <b>Sparring</b> 7:00-8:00 pm	19	20
22 <b>Karate</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	23 <b>BB Training</b> 6:00-7:00 pm <b>Ippon Kumite</b> 7:00-8:00 pm	24	25 <b>BB Training</b> 6:00-7:00 pm <b>Board Breaking</b> 7:00-8:00 pm	26	27 <b>BB GRADUATION</b> <b>Parent Student Family Karate</b>
29 <b>Karate</b> 6:00-7:00 pm <b>Kickboxing</b> 7:00-8:00 pm	30 <b>BB Training</b> 6:00-7:00 pm <b>Kata</b> 7:00-8:00 pm	31	1 <b>BB Training</b> 6:00-7:00 pm <b>Sparring</b> 7:00-8:00 pm	2	3

Monday, Tuesday & Thursday 6:00-7:00 pm Mondays Kickboxing 7:00-8:00 pm Teen/Adult Karate