



TEEN/ADULT KARATE

AUGUST 2024



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
29 Ippon Kumite 6:00-7:00 pm Kickboxing 7:00-8:00 pm	30 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	31	1 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	2	3 Adult Karate Beach Day
5 Combinations 6:00-7:00 pm Kickboxing 7:00-8:00 pm	6 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	7	8 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	9	10
12 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	13 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	14	15 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	16	17
19 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	20 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	21	22 BB Training 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	23	24 Co-Ed Combative Course With Childcare
26 Self Defense 6:00-7:00 pm Kickboxing 7:00-8:00 pm	27 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	28	29 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	30	31

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