



Teen / Adult Karate

DECEMBER



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	29 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	30	1 BB Training 6:00-7:00 pm Kickboxing 7:00-8:00 pm	2 Christmas Party	3 Women's Christmas Tea
5 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	6 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	7	8 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	9	10
12 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	13 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm	14	15 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	16	17
19 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	20 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	21	22 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	23 CLOSED MERRY CHRISTMAS	24
26 Closed	27 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	28	29 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	30	31 CLOSED HAPPY NEW YEAR

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