



Adult/Teen Karate



January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Ippon Kumite 6:45-7:45 pm	31 Happy New Year Closed	1 Happy New Year Closed	2 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30pm	3	4
6 Kata 6:45-7:45pm Krav Maga 6:45-7:45 pm	7 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30pm	8 Krav Maga 6:45-7:45 pm	9 Weapons 6:45-7:45 pm Black Belt Training 7:45-8:30pm Krav Maga 6:45	10	11
13 Kickboxing 6:45 -7:45 pm Krav Maga 6:45-7:45 pm	14 Combinations 6:45-7:45 pm Black Belt Training 7:45-8:30pm	15 Krav Maga 6:45-7:45 pm	16 Self-Defense 6:45-7:45 pm Krav Maga 6:45-7:45 pm	17	18
20 Combinations 6:45-7:45 pm Krav Maga 6:45-7:45 pm	21 Kata 6:45-7:45 pm Black Belt Training 7:45-8:30 pm	22 Krav Maga 6:45-7:45 pm	23 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30 pm Krav Maga 6:45	24	25
27 Ippon Kumite 6:45-7:45 Krav Maga 6:45-7:45 pm	28 Weapons 6:45-7:45 pm Black Belt Training 7:45-8:30 pm	29 Krav Maga 6:45-7:45 pm	30 Board Breaking Self-Defense 6:45-7:45 pm Black Belt Training 7:45-8:30 PM Krav Maga 6:45	31	1 Parent Student Karate