



TEEN/ADULT KARATE

JULY 2024



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
1 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	2 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	3	4 CLOSED	5	6
8 Combinations 6:00-7:00 pm Kickboxing 7:00-8:00 pm	9 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	10	11 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	12	13 Blues
15 Self Defense 6:00-7:00 pm Kickboxing 7:00-8:00 pm	16 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	17	18 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	19	20
22 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	23 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm	24	25 BB Training 6:00-7:00 pm Kickboxing 7:00-8:00 pm	26	27 Women's Self Defense
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 Teen/Adult Beach Day

BB Training Tuesday & Thursday @ 6pm

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