



# TEEN/ADULT KARATE

## JUNE 2023



| MONDAY  | TUESDAY  | WEDNSDAY                                 | THURSDAY   | FRIDAY | SATURDAY   |
|---|--|--|--|--------|--|
| 29<br><b>MEMORIAL DAY CLOSED</b>  | 30 <b>BB Training</b><br>6:00-7:00 pm<br><b>Kata</b><br>7:00-8:00 pm         | 31<br><b>Kick Boxing</b><br>6:00-7:00 pm | 1 <b>BB Training</b><br>6:00-7:00 pm<br><b>Self-Defense</b><br>7:00-8:00 pm    | 2      | 3  |
| 5<br><b>Karate</b><br>6:00-7:00 pm<br><b>Kick Boxing</b><br>7:00-8:00 pm  | 6 <b>BB Training</b><br>6:00-7:00 pm<br><b>Weapons</b><br>7:00-8:00 pm       | 7  | 8 <b>BB Training</b><br>6:00-7:00 pm<br><b>Kick Boxing</b><br>7:00-8:00 pm     | 9      | 10 <b>Andalusia Tournament</b>                     |
| 12<br><b>Karate</b><br>6:00-7:00 pm<br><b>Kick Boxing</b><br>7:00-8:00 pm | 13 <b>BB Training</b><br>6:00-7:00 pm<br><b>Ippon Kumite</b><br>7:00-8:00 pm | 14                                       | 15 <b>BB Training</b><br>6:00-7:00 pm<br><b>Sparring</b><br>7:00-8:00 pm       | 16     | 17   |
| 19<br><b>Karate</b><br>6:00-7:00 pm<br><b>Kick Boxing</b><br>7:00-8:00 pm | 20 <b>BB Training</b><br>6:00-7:00 pm<br><b>Combinations</b><br>7:00-8:00 pm | 21                                       | 22 <b>BB Training</b><br>6:00-7:00 pm<br><b>Weapons</b><br>7:00-8:00 pm        | 23     | 24 <b>Women's Self-Defense</b><br><b>10AM-12PM</b> |
| 26<br><b>Karate</b><br>6:00-7:00 pm<br><b>Kick Boxing</b><br>7:00-8:00 pm | 27 <b>BB Training</b><br>6:00-7:00 pm<br><b>Kata</b><br>7:00-8:00 pm         | 28                                       | 29 <b>BB Training</b><br>6:00-7:00 pm<br><b>Board Breaking</b><br>7:00-8:00 pm | 30     | 1  |

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