



Teen / Adult Karate

March



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Karate 6:00-7:00 pm	1 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	2	3 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	4	5
7 Combinations 6:00-7:00 pm	8 BB Training 6:00-7:00 pm Kickboxing 7:00-8:00 pm	9	10 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	11	12
14 Karate 6:00-7:00 pm	15 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	16	17 BB Training 6:00-7:00 pm Self-Defense 7:00-8:00 pm	18	19
21 Karate 6:00-7:00 pm	22 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	23	24 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	25	26 Parent Student Karate
28 Karate 6:00-7:00 pm	29 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	30	31 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm	1	2

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