



TEEN/ADULT KARATE

MAY 2023



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
1 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	2 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	3 Kick Boxing 6:00-7:00 pm	4 BB Training 6:00-7:00 pm Self-Defense 7:00-8:00 pm	5	6 In House Tournament
8 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	9 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	10 Kick Boxing 6:00-7:00 pm	11 BB Training 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	12	13
15 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	16 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	17 Kick Boxing 6:00-7:00 pm	18 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	19	20 Crestview Open Karate Tournament
22 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	23 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	24 Kick Boxing 6:00-7:00 pm	25 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	26	27
29 MEMORIAL DAY CLOSED	30 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	31 Kick Boxing 6:00-7:00 pm	1 BB Training 6:00-7:00 pm Self-Defense 7:00-8:00 pm	2	3

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