



# Teen / Adult Karate October



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
5 <b>KickBoxing</b> 6:00-7:00 pm	6 <b>Kickboxing</b> 6:00-7:00 pm <b>Self Defense</b> 7:00-8:00	7	8 <b>Kickboxing</b> 6:00-7:00 pm <b>Sparring</b> 7:00-8:00	9	10 BB Candidate Training
12 <b>KickBoxing</b> 6:00-7:00 pm	13 <b>Kickboxing</b> 6:00-7:00 pm <b>Kata</b> 7:00-8:00	14	15 <b>Kickboxing</b> 6:00-7:00 pm <b>Ippon Kumite</b> 7:00-8:00	16	17 <b>Black Belt Testing</b>
19 <b>KickBoxing</b> 6:00-7:00 pm	20 <b>Kickboxing</b> 6:00-7:00 pm <b>Weapons</b> 7:00-8:00	21	22 <b>Kickboxing</b> 6:00-7:00 pm <b>Sparring</b> 7:00-8:00	23	24
26 <b>KickBoxing</b> 6:00-7:00 pm	27 <b>Kickboxing</b> 6:00-7:00 pm <b>Combinations</b> 7:00-8:00	28	29 <b>Kickboxing</b> 6:00-7:00 pm <b>Board Breaking</b> 7:00-8:00	30	31

Tuesday & Thursday 7:00 – 8:00 pm Teen/Adult Karate Black Belt Training 8:00-8:30 pm