



TEEN/ADULT KARATE

SEPTEMBER 2023



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
28 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	29 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	30	31 BB Training 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	1	2
4 CLOSED	5 BB Training 6:00-7:00 pm Self-Defense 7:00-8:00 pm	6	7 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	8	9 BB Candidate 9-10 Panama City Tournament
11 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	12 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	13	14 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	15	16 BB Candidate 9-10
18 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	19 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm	20	21 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	22	23
25 Karate 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	26 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	27	28 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	29	30 Parent Student Karate

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