

TEEN/ADULT KARATE

JUNE 2025



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
2 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	3 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	4	5 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	6	7 Teen Adult Class 9am
9 Combinations 6:00-7:00 pm Kickboxing 7:00-8:00 pm	10 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	11	12 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	13	14 Teen Adult Class 9am
16 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	17 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	18	19 BB Training 6:00-7:00 pm Kickboxing 7:00-8:00 pm	20	21 Teen Adult Class 9am
23 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	24 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	25	26 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	27	28 Teen Adult Class 9am
30 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	1 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	2	3 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	4 CLOSED HAPPY INDEPENDENCE DAY	5 Teen Adult Class 9am

BB Training Tuesday & Thursday @ 6pm

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