

# TEEN/ADULT KARATE

## AUGUST 2025



| MONDAY                                                                      | TUESDAY                                                                      | WEDNSDAY | THURSDAY                                                                       | FRIDAY | SATURDAY                                         |
|-----------------------------------------------------------------------------|------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------|--------|--------------------------------------------------|
| 28 <b>Weapons</b><br>6:00-7:00 pm<br><b>Kickboxing</b><br>7:00-8:00 pm      | 29 <b>BB Training</b><br>6:00-7:00 pm<br><b>Self Defense</b><br>7:00-8:00 pm | 30       | 31 <b>BB Training</b><br>6:00-7:00 pm<br><b>Board Breaking</b><br>7:00-8:00 pm | 1      | 2 <b>Teen Adult Class 9am</b><br>Reserve a spot  |
| 4 <b>Kata</b><br>6:00-7:00 pm<br><b>Kickboxing</b><br>7:00-8:00 pm          | 5 <b>BB Training</b><br>6:00-7:00 pm<br><b>Sparring</b><br>7:00-8:00 pm      | 6        | 7 <b>BB Training</b><br>6:00-7:00 pm<br><b>Ippon Kumite</b><br>7:00-8:00 pm    | 8      | 9 <b>Black Belt Testing 9am</b>                  |
| 11 <b>Combinations</b><br>6:00-7:00 pm<br><b>Kickboxing</b><br>7:00-8:00 pm | 12 <b>BB Training</b><br>6:00-7:00 pm<br><b>Weapons</b><br>7:00-8:00 pm      | 13       | 14 <b>BB Training</b><br>6:00-7:00 pm<br><b>Self Defense</b><br>7:00-8:00 pm   | 15     | 16 <b>Teen Adult Class 9am</b><br>Reserve a spot |
| 18 <b>Ippon Kumite</b><br>6:00-7:00 pm<br><b>Kickboxing</b><br>7:00-8:00 pm | 19 <b>BB Training</b><br>6:00-7:00 pm<br><b>Kata</b><br>7:00-8:00 pm         | 20       | 21 <b>BB Training</b><br>6:00-7:00 pm<br><b>Kickboxing</b><br>7:00-8:00 pm     | 22     | 23 <b>Teen Adult Class 9am</b><br>Reserve a spot |
| 25 <b>Weapons</b><br>6:00-7:00 pm<br><b>Kickboxing</b><br>7:00-8:00 pm      | 26 <b>BB Training</b><br>6:00-7:00 pm<br><b>Self Defense</b><br>7:00-8:00 pm | 27       | 28 <b>BB Training</b><br>6:00-7:00 pm<br><b>Board Breaking</b><br>7:00-8:00 pm | 29     | 30 <b>Teen Adult Class 9am</b><br>Reserve a spot |

BB Training Tuesday & Thursday @ 6pm

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