

TEEN/ADULT KARATE

AUGUST 2026



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
3 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	4 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	5	6 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	7	8
10 Ippon Kumite 6:00-7:00 pm Kickboxing 7:00-8:00 pm	11 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	12	13 BB Training 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	14	15
17 Self Defense 6:00-7:00 pm Kickboxing 7:00-8:00 pm	18 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	19	20 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	21	22
24 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	25 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	26	27 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	28	29 Parent Student Karate
31 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	1 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	2	3 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	4	5

BB Training Tuesday & Thursday @ 6pm

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