

TEEN/ADULT KARATE

SEPTEMBER 2026



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
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
7 LABOR DAY CLOSED	8 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	9	10 BB Training 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	11	12
14 Self Defense 6:00-7:00 pm Kickboxing 7:00-8:00 pm	15 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	16	17 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	18	19 Women's Self Defense 10am-12pm
21 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	22 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	23	24 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	25	26 Parent Student Karate
28 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	29 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	30	1 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	2 Nerf Wars PNO 6:30	3

BB Training Tuesday & Thursday @ 6pm

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