

TEEN/ADULT KARATE

MAY 2026



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
27 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	28 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	29	30 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	1	2 Black Belt Promotion Inner School Tournament
4 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	5 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	6	7 BB Training 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	8	9
11 Sparring 6:00-7:00 pm Kickboxing 7:00-8:00 pm	12 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	13	14 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	15 Little Ninja Testing	16 Women's Self-Defense 10-12
18 Ippon Kumite 6:00-7:00 pm Kickboxing 7:00-8:00 pm	19 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	20	21 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	22	23
25 Memorial Day CLOSED	26 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	27	28 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	29	30 Panama City Tournament

BB Training Tuesday & Thursday @ 6pm

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