



TEEN/ADULT KARATE

NOVEMBER 2024



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
28 Combos 6:00-7:00 pm Kickboxing 7:00-8:00 pm	29 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	30	31 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	1	2
4 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	5 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	6	7 BB Training 6:00-7:00 pm Kickboxing 7:00-8:00 pm	8	9 
11 Kata 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 Ippon Kumite 7:00-8:00 pm	15	16 Women's Self Defense
18 Self Defense 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 Board Breaking 7:00-8:00 pm	22	23
25 Combinations 6:00-7:00 pm Kickboxing 7:00-8:00 pm	26 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	27	28 Happy Thanksgiving	29 closed	30

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