

TEEN/ADULT KARATE

JULY 2025



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
30 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	1 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	2	3 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	4 CLOSED HAPPY INDEPENDENCE DAY	5 Teen Adult Class 9am Reserve a spot
7 Combinations 6:00-7:00 pm Kickboxing 7:00-8:00 pm	8 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	9	10 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	11	12 Teen Adult Class 9am Reserve a spot
14 Ippon Kumite 6:00-7:00 pm Kickboxing 7:00-8:00 pm	15 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm	16	17 BB Training 6:00-7:00 pm Kickboxing 7:00-8:00 pm	18	19 Teen Adult Class 9am Reserve a spot
21 Adult Class 6:00-7:00 pm Kickboxing 7:00-8:00 pm	22 BB Training 6:00-7:00 pm Adult Class 7:00-8:00 pm	23	24 BB Training 6:00-7:00 pm Adult Class 7:00-8:00 pm	25	26 Teen Adult Class 9am Reserve a spot
28 Weapons 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	31 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	1	2 Teen Adult Class 9am Reserve a spot

BB Training Tuesday & Thursday @ 6pm

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