



Teen / Adult Karate

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Labor Day Closed	3 Ippon Kumite 6:45-7:45 pm	4 Krav Maga 6:45-7:45 pm	5 Combinations 6:45-7:45 pm Black Belt Training 7:45-8:30 Krav Maga 6:45	6	7
9 Kata 6:45-7:45 pm Krav Maga 6:45-7:45 pm	10 Self-Defense 6:45-7:45 pm Black belt Training 7:45-8:30	11 Krav Maga 6:45-7:45 pm	12 Sparring 6:45-7:45 pm Black belt Training 7:45-8:30 Krav Maga 6:45	13	14
16 Weapons 6:45-7:45 pm Krav Maga 6:45-7:45 pm	17 Kata 6:45-7:45 pm Black belt Training 7:45-8:30	18 Krav Maga 6:45-7:45 pm	19 Ippon Kumite 6:45-7:45 pm Black belt Training 7:45-8:30 Krav Maga 6:45	20	21
23 Combinations 6:45-7:45 pm Krav Maga 6:45-7:45 pm	24 Weapons 6:45-7:45 pm Black belt Training 7:45-8:30	25 Krav Maga 6:45-7:45 pm	26 Brd/Sparring 6:45-7:45 pm Black belt Training 7:45-8:30 Krav Maga 6:45	27	28 Parent Student Family Karate
30 Ippon Kumite 6:45-7:45 pm Krav Maga 6:45-7:45 pm	1 Sparring 6:45-7:45 pm Black belt Training 7:45-8:30	2 Krav Maga 6:45-7:45 pm	3 Kick-boxing 6:45-7:45 pm Black belt Training 7:45-8:30 Krav Maga 6:45	4	5

Tuesday & Thursday 7:45-8:30 pm Black Belt Training