



**Falbo's
FAMILY
KARATE**
934-7977
www.FalbosFamilyKarate.com

Teen/Adult KARATE



FAMILY MARTIAL ARTS

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Ippon Kumite 6:45-7:45 pm Krav Maga 6:45-7:45 pm	29 Combinations 6:45-7:45 pm Black Belt Training 7:45-8:30pm	30 Krav Maga 6:45-7:45 pm	31 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30pm Krav Maga 6:45	1	2
4 Kata 6:45-7:45pm Krav Maga 6:45-7:45 pm	5 Self-Defense 6:45-7:45 pm Black Belt Training 7:45-8:30pm	6 Krav Maga 6:45-7:45 pm	7 Sparring 6:45-7:45 pm Black Belt Training 7:45-8:30pm Krav Maga 6:45	8 Demo Team Practice@4pm	9 <i>Christ-mas Sale</i> <i>10 am- 2pm</i>
11 Kickboxing 6:45-7:45 pm Krav Maga 6:45-7:45 pm	12 Weapons 6:45 -7:45 pm Black Belt Training 7:45-8:30pm	13 Krav Maga 6:45-7:45 pm	14 Ippon Kumite 6:45-7:45 Black Belt Training 7:45-8:30 PM Krav Maga 6:45	15 Demo Team Practice@4pm	16 Women's Self Defense Workshop 9 am & 1 pm Fall Fest Demo
18 Combinations 6:45-7:45 pm Krav Maga 6:45-7:45 pm	19 Kata 6:45-7:45 pm Black Belt Training 7:45-8:30 pm	20 Krav Maga 6:45-7:45 pm	21 Board Breaking Sparring 6:45-7:45 pm Black Belt Training 7:45-8:30 PM Krav Maga 6:45	22	23
25 Weapons 6:45-7:45 pm Krav Maga 6:45-7:45 pm	26 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30 pm	27 Krav Maga 6:45-7:45 pm	28 Happy Thanksgiving CLOSED	29	30

Christmas Holiday Sale Nov 9th 10 am- 2 pm