



Teen / Adult Karate

September 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 KickBoxing 6:00-7:00 pm	1 KickBoxing 6:00-7:00 pm Karate/Ippon Kumite 7:00-8:00	2	3 Kick-boxing 6:00-7:00 pm Karate/Kata 7:00-8:00	4	5
7 KickBoxing 6:00-7:00 pm	8 KickBoxing 6:00-7:00 pm Karate/Weapons 7:00-8:00	9	10 KickBoxing 6:00-7:00 pm Karate/Sparring 7:00-8:00	11	12
14 KickBoxing 6:00-7:00 pm	15 KickBoxing 6:00-7:00 pm Karate/Combinations 7:00-8:00	16	17 KickBoxing 6:00-7:00 pm Karate/Self-Defense 7:00-8:00	18	19
21 KickBoxing 6:00-7:00 pm	22 KickBoxing 6:00-7:00 pm Karate/Weapons 7:00-8:00C	23	24 KickBoxing 6:00-7:00 pm Karate/BoardBreaking 7:00-8:00	25	26 Women's Self-Defense Workshop 10am-12
28 KickBoxing 6:00-7:00 pm	29 KickBoxing 6:00-7:00 pm Karate/Ippon Kumite 7:00-8:00	30	1 Kick-boxing 6:00-7:00 pm Karate/Combinations 7:00-8:00	2	3

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