

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Progress Check	5 Progress Check	6 Progress Check	7	8	9 Adult Self Defense Class
10	11	12	13	14	15	16
17	18	19	20	21	22	23 Women's Sparring Clinic
24 31	25 Spring Break Camp	26 Spring Break Camp	27 Spring Break Camp	28 Spring Break Camp	29 Spring Break Camp	30

**Progress Check - March 4th -6th**  
~Fitness Test and Curriculum Evaluation

**Monday**  
(4:30pm) - Open Mat (5pm) - Basic (6pm) - Level 1  
(7pm) - Level 2

**Tuesday**  
(4:30pm) - Open Mat (5pm) - Level 2 (6pm) - Level 1  
(7pm) - Basic

**Wednesday**  
(4:30pm) - Little Dragons (5:30pm) - Level 3  
(6:30pm) - Black Belt class

## Parents Train FREE in March

Join your child in class to get a great workout in a super fun environment! Relieve some stress and have some fun.  
Already taking classes? Bring a family member or friend to join you for free.

**Adult Self Defense Class (Couples)**  
**March 9th - 11:30am-12:30pm**

Grab your significant other, friend, or family member and join us for a couples self-defense workshop featuring the basics of our karate program taught in a fun and relevant atmosphere.

## Spring Break Camp March 25th - 29th

Monday - Game Day  
Tuesday - Karate Olympics  
Wednesday - Board Breaking  
Thursday - Nerf Wars  
Friday - Marker Sparring

**June Summer Day Camps**  
10th - 14th and 17th - 21st

**July Summer Day Camps**  
15th - 19th and 22nd - 26th

**August Summer Karate Camp (Skip A Belt)**  
12th - 16th

