

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Stripe Week	29 Stripe Week	30 Stripe Week	1	2	3
4	5 Cinco De Mayo	6	7	8	9	10 Fight Club
11 Mothers Day	12 Mom & Me Class	13 Mom & Me Class	14	15	16	17
18	19	20	21	22	23 Last Day of School No Classes	24
25	26 Memorial Day No Classes	27	28 Stripe Week	29 Stripe Week	30 Stripe Week	31 Women's Self Defense Fight Club

Stripe Week

Regular Class Schedule

Fitness Test - April 28th, 29th, 30th

Fitness testing is a way to monitor and assess student's fitness, strength and flexibility level. It's also a great way to teach students how to set goals.

Closed

Memorial Day Weekend 23rd - 26th

Women Train FREE in May!!

- May 31st - FREE Women's Self Defense Class at 10:30am
- May - FREE Karate Classes!
- May - FREE Kickboxing Classes!

**Free Uniform or Free Boxing
Gloves Included!**

Mom and Me Class

May 12th and 13th

Who doesn't love hanging out with their mom?! This special structured time together builds your bond with your child while also working on your karate moves.

Stripe Week

Fitness Test - May 28th, 29th, 30th

During regular class times. All Students will go through their 2nd Fitness Test and then show their side curriculum.

Black Belt Testing

June 6th and 7th (No Classes)

Karate Summer Camp

Register:
Grab a sign-up form at the front counter

Cost: \$250 per camp

Skip A Belt Camp

June 9th - 13th

Jedi Camp

July 14th - 18th

Skip A Belt Camp

August 11th - 15th