

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Stripe Week	1 Stripe Week	2 Stripe Week	3 Stripe Week	4	5
6	7	8	9	10	11	12 Women's Sparring Clinic
13	14	15	16	17	18	19
20	21	22	23	24	25 Black Belt Testing	26 Black Belt Testing
27	28 Stripe Week	1 Stripe Week	2 Stripe Week	3 Stripe Week	4	5

Stripe Week

Regular Class Schedule

Fitness Test

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

Curriculum Review

The more you practice the easier it is to stay engaged in the class experience. Consistently practicing can eliminate anxiety, fear of failure and can boost confidence.

Earn Your Stripe

Upon successful completion of class you will earn a stripe which counts toward earning your next belt rank.

Kickboxing

Sign up today for \$25

Free Boxing Gloves
Unlimited Classes

Kickboxing Schedule:

Monday

5:15am 9:15am
4:30pm 5:30pm

Wednesday

5:15am 9:15am
4:30pm 5:30pm

Friday

5:15am 9:15am
4:30pm 5:30pm

Saturday

8:00am 8:30am

Level 1 Karate Camp

March 21st - 25th (9am-3pm)

Students have the opportunity to advance a belt rank this spring break! Boot Camp is open to all Level 1 students, so make sure to sign up as soon as possible!

*Karate Classes
*Games
*Movies

Who can sign up: Level 1 Students
Price: \$250 (sign up before March 5th and receive a \$50 discount)

***There are still regular classes the week of camp**