

OCTOBER 2021

ICHIBAN KARATE & FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Saturday Morning Track Training starts 7:30am Staff Training 12:00pm
3	4	5	6	7	8	9 Sparring Seminar with Ben Giles 10:30am Ninja & Dragon Game Day 12:30-2:00pm
10	11 Closed for Columbus Day	12	13	14	15	16 Written Test 8:00am Staff Training 12:00pm
17	18	19	20	21	22 6:00-8:00pm Glow nunchaku seminar & pizza party	23 MMA Seminar with John Douma 3:30pm
24 31 Happy Halloween!	25	26	27	28	29	30 Wear your costume to class! Trick-or-treating available after every class Staff Training 12:00pm



Fitness buddy week