



JUNE

Don't forget to check the back for all upcoming event details!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	Review Week		Review Week			
4	5	6	7	8	9	10
Review Week				No After School Program		Karate Promotions
11	12	13	14	15	16	17
	No After School Program	Self-Defense				
18	19	20	21	22	23	24
HAPPY FATHER'S Day!		Kata			Kids/Teens BJJ Promotions	Adult BJJ Promotions
25	26	27	28	29	30	1
	Eid al-Fitr No After School Program	Last Day of After School Program	Sparring			
<p>CHECK THE BACK FOR THE MONTHLY NEWSLETTER WITH ALL THE DETAILS AND INFORMATION FOR UPCOMING EVENTS! IF YOU HAVE ANY QUESTIONS PLEASE EMAIL OR SEE ALEX.</p> <p>nextevolutionmma@gmail.com · (212) 828-5678</p>						

What uniform for karate do I wear today?



Sparring Week: Mix Match ALL week with sparring equipment

Kata Week: White Gi ALL week

Self-Defense Week: Black Gi ALL week

