



AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Kids & Teens BJJ Competition Class @ 3-5
6 	7	8	9	10	11	12 
13	14	15	16	17	18 	19
20 NJ BJJ Tournament Good luck!	21	22	23	24	25	26 NO CLASSES End of Summer Barbeque @ Randall's Island
27	28	29	30	31	1 CLOSED	2 CLOSED

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.

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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

