

October 2022

ICHIBAN KARATE & FITNESS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---------|---|----------------------------------|--|--|
| | | | | | | 1 10:45am Striking Seminar Youth & Teen students |
| 2 | 3 | 4 | 5 Sparring in youth class | 6 | 7 | 8 |
| 9 | 10 Closed for Columbus Day | 11 | 12 | 13 Sparring in youth class | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 Seminar Series Weekend <i>No regular classes</i> | 22 Seminar Series Weekend <i>No regular classes</i> |
| 23 | 24 | 25 | 26 October Belt Promotion 4:30pm | 27 | 28 | 29 WVA Halloween Stroll 10am-12pm |
| 30 | 31 No classes Happy Halloween | | | | | |