


MAY 2025

ICHIBAN KARATE & FITNESS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|--|---------|-----------|-------------|---|---|
| | <p>New Class Update!</p> <p>Striking & Mitt Work Saturdays 9:00a-9:30a</p> <p>Starts on Saturday, May 10th</p> <p>Class is for fitness members, adults and teens.</p> | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | <p>Modified Schedule</p> <p>8:15a - Kickboxing & Weights 9:00am - Mitt & Striking class 9:00a - Youth Sparring 9:30a - Ninjas & Dragons QQS 10:00a-1:00p</p> |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Happy Mother's Day |  Red Tip Testing Ninjas, Dragons, Youth Beginners | | | | Parent's Night Out! Game Night 5:00p-8:00p | <p>9:30a - Ninja/ Dragon Belt Promotion</p> <p>Mother's Day Celebration Bring mom or a role model to class! 12:00p - Ninja & Dragon Party</p> |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | Buddy Night | | Ichiban Closed for Memorial Day |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | <p>Ichiban Marches in the Memorial Day Parade 10am</p> <p>Ichiban Closed for classes</p> | | | | | 10:30a In class tournament for striking class |