

October 2023

ICHIBAN KARATE & FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 Closed for Columbus Day	10	11	12 Ichiban Play Space trial day! 9:30a-11:30a Ages 6m - 4y	13	14
15	16	17	18	19 Buddy Day Bring a friend to class! 4:15pm - Ninjas & Dragons 4:45pm - Youth 5:45pm - Bag Fitness	20 Glow in the Dark Dodgeball Party Youth 5:30p-7:30p Teens 7:30-9:00p	21 WVA Trick or treat stroll 10am-12pm Glove & Miit Workshop 11:45am
22	23	24	25	26	27	28
29	30 Wear your halloween costume / accessories to class!	31 Happy Halloween! Ichiban is closed				