

September 2022

ICHIBAN KARATE & FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 <i>Closed for Labor Day Weekend</i>
4 <i>Closed for Labor Day Weekend</i>	5 <i>Closed for Labor Day Weekend</i>	6	7	8	9	10 Cardio Kickboxing 9:00am Open House 9am-1pm
11	12 Back to School Karate Class & Picnic 5pm Narragansett Town Beach	13	14	15	16	17 Cardio Kickboxing 9:00am STORM Team 10am-12pm Brickley's & Dodgeball Tournament 5+ 12:30-2:30pm
18	19	20	21	22	23	24 Cardio Kickboxing 9:00am Belt Promotion 10:15am ninjas & dragons 11:00am youth & teens
25	26	27	28	29	30 \	
				Buddy Day 4:15pm - Ninjas 4:45pm - Youth 5:45pm - Bag 6:30pm - TRX		



Athlete Camp - 9am - 3:30pm



Games Camp - 9am - 3:30pm