



(301) 689-8874
kickmasterskarate.com

SEPTEMBER 2023

Kickstarting Confident Leaders



	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<p>*There's a brand new INTRO Class scheduled for Friday, September 8th at 6:30PM for first time students (ages 7-12 are eligible). Pre-registration is required. Stripe testing is happening the week of September 25th (one stripe = kata and techniques, 3rd stripe = everything on your sheet at your level). Be ready! The demo team will be performing at the Altoona Curve Baseball game on Sunday, September 10th at 12:15PM. Order your discounted tickets on the App (by September 1st). Grandmaster Bill "Superfoot" Wallace is coming to the studio on September 23rd. DON'T MISS THIS OPPORTUNITY TO TRAIN W/ A LIVING LEGEND (sign-up on the App - space is limited).</p>						<p>1 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p>	<p>2 8:00a Cardio BBB 9:00a DEMO 10:00a Intermediate 11:00a Lit. Drag. 12:00p Beginner 1:00p Nunchucks 1:30p Int. Sword 3:00p BB Exam</p>
	<p>3 Closed</p> <p>BRING SPARRING GEAR TO CLASS</p>	<p>4 Labor Day No Class</p>	<p>MASER LANCASTER 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Advanced 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga</p>	<p>6 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p White/Gold 6:30p Intermediate 7:30p Testing Prep 8:30p Teen/Adult</p>	<p>7 3:40p Lit. Drag. 4:30p Beginner 5:30p Advanced 6:30p SPAR (R+) 7:30p SPAR (O-BI) 8:30p Krav Maga</p>	<p>Mr. Jackson 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO CLASS BEGINS</p>	<p>9 8:00a Cardio BBB 9:00a DEMO 10:00a Intermediate 11:00a Lit. Drag. 12:00p Beginner 1:00p Nunchucks 1:30p Int. Sword</p>	
MASTER DEVORE	<p>10 Closed</p> <p>BRING SPARRING GEAR TO CLASS</p>	<p>11 4:00p Lil' Chip. 4:50p KICKING 5:30p Beginner 6:30p Advanced 7:30p Testing Prep 8:30p Teen/Adult</p>	<p>12 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Advanced 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga</p>	<p>13 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p White/Gold 6:30p Intermediate 7:30p Testing Prep 8:30p Teen/Adult</p>	<p>14 3:40p Lit. Drag. 4:30p Beginner 5:30p Advanced 6:30p SPAR (R+) 7:30p SPAR (O-BI) 8:30p Krav Maga</p>	<p>15 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO</p>	<p>16 8:00a Cardio BBB 9:00a DEMO 10:00a Intermediate 11:00a Lit. Drag. 12:00p Beginner 1:00p Nunchucks 1:30p Int. Sword</p>	
Ms. Beeman	<p>17 Closed</p>	<p>18 4:00p Lil' Chip. 4:50p PIVOTS 5:30p Beginner 6:30p Advanced 7:30p Testing Prep 8:30p Teen/Adult</p>	<p>19 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Advanced 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga</p>	<p>Ms. Wolf 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p White/Gold 6:30p Intermediate 7:30p Testing Prep 8:30p Teen/Adult</p>	<p>21 3:40p Lit. Drag. 4:30p Beginner 5:30p Advanced 6:30p SPAR (R+) 7:30p SPAR (O-BI) 8:30p Krav Maga</p>	<p>22 10:00a NO YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO</p> <p>Saturday LD's (8/23) may attend any class tonight</p>	<p>23 8:00a Cardio BBB</p> <p>Grandmaster Bill "Superfoot" Wallace 11:00a Little Dragons 2:00-4:00p Stretching/Kicking Sem.</p>	
	<p>24 Closed</p>	<p>Ms. Ferguson 4:00p Lil' Chip. 4:50p TUCKS 5:30p Beginner 6:30p Advanced 7:30p Testing Prep 8:30p Teen/Adult Testing</p>	<p>26 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Advanced 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga</p>	<p>27 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p White/Gold 6:30p Intermediate 7:30p Testing Prep 8:30p Teen/Adult</p>	<p>Mr. Kline 3:40p Lit. Drag. 4:30p Beginner 5:30p Advanced 6:30p SPAR (R+) 7:30p SPAR (O-BI) 8:30p Krav Maga</p>	<p>29 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO</p>	<p>30 8:00a Cardio BBB 9:00a DEMO 10:00a Intermediate 11:00a Lit. Drag. 12:00p Beginner 1:00p Nunchucks 1:30p Int. Sword</p>	

STRIPE-TESTING

*Get announcements, motivating quotes, and funny stories from the studio via Twitter: @Kickmasters!