

EVERAGE WORLD CHAMPIONSHIP KARATE, INC
800 Elmgrove Road - Rochester, NY 14624
585-298-1093

JANUARY 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30	2 Karate Class 5:30-6:15 Adult Karate Class	3 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30	4 Bo 5:30-6:15 Sparring 6:30-7:30	5 Cardio Kickbox 9:00-10:00 Karate Class 10:15-11:00
6	7 Adult Karate Class 6:00-7:00	8 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30	9 Karate Class 5:30-6:15 Adult Karate Class 6:30-7:30	10 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30	11 Bo 5:30-6:15 Sparring 6:30-7:30	12 Cardio Kickbox 9:00-10:00 Karate Class 10:15-11:00
13	14 Adult Karate Class 6:00-7:00	15 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30	16 Karate Class 5:30-6:15 Adult Karate Class 6:30-7:30	17 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30	18 Bo 5:30-6:15 Sparring 6:30-7:30	19 Cardio Kickbox 9:00-10:00 Karate Class 10:15-11:00
20	21 Adult Karate Class 6:00-7:00	22 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30	23 Karate Class 5:30-6:15 Adult Karate Class 6:30-7:30	24 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30	25 Bo 5:30-6:15 Sparring 6:30-7:30	26 Cardio Kickbox 9:00-10:00 Karate Class 10:15-11:00
27	28 Adult Karate Class 6:00-7:00	29 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30	30 Karate Class 5:30-6:15 Adult Karate Class 6:30-7:30	31 Karate Class 5:30-6:15 Cardio Kickbox 6:30-7:30		