

# NOVEMBER 2024

## ICHIBAN KARATE & FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<p>Make up classes Friday, November 22nd</p> <p>4:45p -Ninjas &amp; Dragons 5:15p - Sparring Youth (Grappling) 6:00p - Adults &amp; Teens 6:00p - Sparring Youth (Striking)</p>						<p>Ichiban Night Out Join us at the Courthouse Center for the Arts at 7:30p!</p>
3	4	5	6	7	8	9
		<p>Election Day Kids Camp 9:00am-3:30pm</p>	<p>URI Self Defense Seminar 6pm</p>			
10	11	12	13	14	15	16
	<p>Veteran's Day  Ichiban Closed for Classes</p>					<p>Ninja &amp; Dragon Pizza Party 12:00-1:30p</p>
17	18	19	20	21	22	23
	<p>Picture Day 4-6pm Pre-register on the website</p>				<p>Saturday Make Up Classes  Posted on top of Calendar</p>	<p>Ichiban closed Beikoku Shidokan Training</p>
24	25	26	27	28	29	30
			<p>No Regular Classes  <i>Closed for Thanksgiving Break</i></p>	<p>Happy Thanksgiving!  Thanksgiving Kickboxing at 6am</p>	<p>Black Friday Kids Camp 9:00a-3:30p</p>	<p>November Belt Promotions for eligible students</p>