










# December 2021

# KAIZEN Academy LLC Martial Arts 改善

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29 Regular Classes	30 Regular Classes	1 Regular Classes	2 Regular Classes  <b>Sparring night!</b>	3 No Classes	4 Regular Classes
5 	6 Regular Classes <b>Goju</b>	7 Regular Classes  <b>Sparring Night</b>	8 Regular Classes	9 Regular Classes	10 No Classes	11 Regular Classes
12 <b>Holiday Pizza Party and Cookie Swap!!! See reverse!!!</b>	13 Regular Classes	14 Regular Classes <b>Goju</b>	15 Regular Classes	16 Regular Classes  <b>Sparring Night</b>	17 No Classes	18 Regular Classes
19	20 Regular Classes	21 Regular Classes  <b>Sparring Night</b>	22 Regular Classes	23 No Classes	24 	25 No Classes 
26	27 No Classes	28 No Classes	29 No Classes	30 No Classes	31 No Classes <b>Happy New Year!</b>	1 No Classes <b>Happy New Years Eve!</b>

No classes 12/23-1/2/2022  
See you all back starting 1/3/2022. We request you wear masks until 01/15

Kaizen Academy  
Raymond NH  
Ken@raymondkarate.com  
603-895-1545