November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Class Reminders:**	2 Kicks + Stretching	3 Kicks + Stretching Open for childcare Election Day	4 Boxing Mitt Work	5 Boxing Mitt Work	6 **Sparring** 6:00pm	7
8 Be sure to clean your equipment after each use!	9 Combatives + Situational Defense	10 Combatives + Situational Defense	11 Combos + Stances + Footwork	12 Combos + Stances + Footwork	13 **Belt Graduation** 5:15pm **Sparring** 6:00pm	14
15	16 Kick Boxing Sparring (Bring Pads)	17 Kick Boxing Sparring (Bring Pads)	18 Fundamentals + Sparring Bring pads	19 Fundamentals + Sparring (Bring Pads)	20 **No Sparring**	21 Rock Hill Kickboxing Event
22 Christmas Sale **Kicks off Black Friday!**	23 Open Matt 6:45pm **Open for Childcare 7am-6pm**	24 Competition Practice 7:30pm	25 No Evening Classes	26 NKMMA Closed Happy Thanksgiving	27 No Evening Classes Black Friday Sale!	28
29 Always bring your gear to class	30 Fun & Fitness Day!	Dec 1 Fun & Fitness Day!	Dec. 2 Kicks + Strikes for Belt Level Ground + Defense	Dec. 3 Kicks + Strikes for Belt Level Ground + Defense	Dec. 4 **Sparring** 6:00pm	



Pick Up a Blessing box to fill for a family this Thanksgiving!

Please bring all boxes back by November 14th