

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	2 9:00AM Warrior Kickboxing 7:45 Warrior Krav Maga	3 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	4 6:00 BBC 7:00 Tips and tricks to improve your form 8:00 Fight Club	5 8:00 Adv Krav 9:00 Krav Maga 10:00 Kickboxing
6 10:30 AM All Ages Kickboxing	7 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	8 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	9 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	10 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	11 5:00 Demo 6:00-7:30 Joint lock	12 8:00 Adv Krav 9:00 Krav Maga 10:00 Boot camp 11:30-BBC
13 9:00 H.R. 10:30 AM All Ages Kickboxing 12:00 PM LEGACY	14 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	15 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	16 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	17 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	18 5:00 Demo 6:00 BBC 7:00: Krav Seminar	19 8:00 Adv Krav 9:00 Krav Maga 10:00 Kickboxing
20 10:30AM All Ages Kickboxing 12:00 PM LEADERSHIP	21 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	22 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	23 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	24 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	25 5:00 Demo 6:00 Combat 7:00 Sparring 8:00 DEFENCE LAB	26 8:00 Adv Krav 9:00 Krav Maga 10:00 Kickboxing
27 9:00 H.R. 10:30 AM All Ages Kickboxing 12:00 PM LEADERSHIP	28 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	29 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	30 9:00AM Warrior Kickboxing 7:45 Warrior Krav Maga	31 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	Self- esteem the joy of being myself	

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