

# August 2021

## Kickboxing Classes

### Upcoming Events / Announcements

Ready for a Self Defense Class? Now Scheduling Private Classes!

Join our team for the Central Florida Spartan Race in December 2021.

\* The 6:00am class is by reservation only. \*

MON	TUE	WED	THU	FRI	SAT	SUN
2	3	4	5	6	7	8
6:00am* 8:30am 12:15pm 5:00pm 6:00pm	6:00am* 8:30am 12:15pm 5:00pm 6:00pm	6:00am* 8:30am 12:15pm 5:00pm 6:00pm	6:00am* 8:30am 12:15pm 5:00pm 6:00pm	6:00am* 8:30am 12:15pm 5:30pm		
9	10	11	12	13	14	15
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16	17	18	19	20	21	22
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23	24	25	26	27	28	29
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30	31					
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