

OCTOBER 2025 CALENDAR



						7
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			ı	2	3	4
WEEK FOUR	DOUBLE RE		START OF TRICK OR TREAT CHALLENGE			
5 WEEK FIVE	6	7 WOMEN'S SELF DEFENSE SEMINAR I 7PM- 8PM	8	9	Ю	II
12	13	14		16	17	18
Clo Run		WOMEN'S SELF DEFENSE SEMINAR 2 7PM-8PM				
19 WEEK TWO	20	21 WOMEN'S SELF DEFENSE SEMINAR 3 7PM-8PM	22	23	Halloween Parents' Night Out G-IOPM	25
26 WEEK THREE	2.7	28 WOMEN'S SELF DEFENSE SEMINAR 4 7PM-8PM	29	30	Halloween Closed	
STUDIO		THEME - CONFIDENCE: "Confidence is key - once you have that, you are unstoppable." Timothy Weah				