

UKMA AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM DUES	3	4 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM MR. LEO BDAY	5	6 BOOT CAMP STRIKING 9AM TKD 10AM OUTSIDE TBD
7	8	9 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM	10	11 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM	12	13 BOOT CAMP STRIKING 9AM TKD 10AM OUTSIDE TBD
14	15	16 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM	17	18 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM	19	20 BOOT CAMP STRIKING 8:30AM BLACK BELT TEST 10AM OUTSIDE TBD
21	22	23 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM	24	25 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM	26 SBN ELIAS' BDAY	27 BOOT CAMP STRIKING 9AM TKD 10AM OUTSIDE TBD
28	29	30 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM GABBY'S BDAY	31	SEPT 1 JUNIORS TKD 4:40PM BOOT CAMP STRIKING 5:30PM ADULTS TKD 6:15PM	2	3 BOOT CAMP STRIKING 9AM TKD 10AM OUTSIDE TBD

ADDITIONAL SERVICES

UNIVERSAL FITNESS CONCEPTS - PERSONAL TRAINING. EMAIL JAY - UNIFITCONCEPTS@GMAIL.COM

MIND & DESIRE - NUTRITION SERVICES. CALL LATASHA @ 203-213-8223

SOULFUL HEALING - REIKI. CALL RHONDA @ 860-478-5432

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