

# **- July 2024 -**

## **Upcoming events**

- **Monday Sparring Classes** (6:30 for 6-12 y/o / 7:30 for Teens & Adults)  
*(Orange Belts and Above / Must have own gear to fully participate)*
- **Arnis Training Class 7/6 & 7/20** (11:30-12:15pm)  
*(Learn the art of stick fighting. Have fun and increase your martial arts flow)*
- **Saturday Sparring Training Class 7/13 & 7/27**  
*(Orange Belts and Above / Must have own gear to fully participate)*
- **Holiday Closure (Independence Day) – 7/4** (Thu)  
*(No Classes at any time slot. We will reopen Fri, 7/5/24. Make-up classes available)*