

JULY

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 HOLIDAY	4 HOLIDAY	5 -BOXING 4:30-6PM BRAZILIAN JIU JITSU 6PM-8PM	6	7	8 FREE FITNESS KICKBOXING DEMO 9AM
9	10 -BOXING 4:30-6PM -BRAZILIAN JIU JITSU 6PM-8PM	11 -FAMILY BJJ 6PM-7PM -COMBATIVE BJJ 7-8PM	12 -BOXING 4:30-6PM -BRAZILIAN JIU JITSU 6PM-8PM	13 -FAMILY BJJ 6PM-7PM -COMBATIVE BJJ 7-8PM	14	15 FITNESS KICKBOXING 9AM
16	17 FREE DEMO!!! -BOXING 4:30-6PM -BJJ 6PM-8PM	18 -FAMILY BJJ 6PM-7PM -COMBATIVE BJJ 7-8PM	19 -BOXING 4:30-6PM -BRAZILIAN JIU JITSU 6PM-8PM	20 -FAMILY BJJ 6PM-7PM -COMBATIVE BJJ 7-8PM	21	22 FITNESS KICKBOXING 9AM
23	24 -BOXING 4:30-6PM -BRAZILIAN JIU JITSU 6PM-8PM	25 -FAMILY BJJ 6PM-7PM -COMBATIVE BJJ 7-8PM	26 -BOXING 4:30-6PM -BRAZILIAN JIU JITSU 6PM-8PM	27 -FAMILY BJJ 6PM-7PM -COMBATIVE BJJ 7-8PM	28	29 FITNESS KICKBOXING 9AM
30	31 -BOXING 4:30-6PM -BRAZILIAN JIU JITSU 6PM-8PM					