

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Communication is the link between the			9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	5:00 DEMO 6:00 Power kicks 7:00 Sparring	1 8:00 Adv Krav 9:00 Krav Maga 10:00 Kickboxing
2 10:30AM All Ages Kickboxing 12:00 LEADERSHIP	3 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	4 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	5 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	6 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	7 5:00 6:00 Basic Self Defense 7:00 Combat Wep 8:00 Defence Lab	8 8:00 Adv Krav 9:00 Krav Maga 10:00 AM FREE Bootcamp
9 10:30AM All Ages Kickboxing	10 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	11 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	12 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	13 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	14 5:00 DEMO 6:00 LEADERSHIP	15 8:00 Adv Krav 9:00 Krav Maga 10:00 Kickboxing 11:30 BBC
16 10:30AM All Ages Kickboxing EASTER	17 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	18 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	19 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	20 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	21 5:00 DEMO 6-8 High rank workout 8:00 Defence Lab	22 8:00 Adv Krav 9:00 Krav Maga 10:00 Kickboxing 11:30 BBC
23 10:30AM All Ages Kickboxing 12-3 LEGACY	24 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	25 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	26 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	27 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	28 5:00 DEMO 6:00 Warrior Combinations	

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