


SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COMPETITION PREP MONTH			KICK BOXING EVERY FRIDAY 9AM		1 5:00 Demo 6:00-7:30 Tournament Training 8:00 Fight Club	2 8:00 Adv Krav 9:00 Krav Maga 10:00 Kickboxing 11:30 BBC
3 10:30AM All Ages Kickboxing	4 SCHOOL CLOSED 	5 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	6 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	7 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	8 6:00 Competition Forms 7:00-8:30 Competition Spar & Combat Weapons	9 8:00 Adv Krav 9:00 Krav Maga 10:00 Bootcamp 12:00 LEADERSHIP
10 9:00- HR Work Out 10:30AM All Ages Kickboxing 12:00-3:00 LEGACY	11 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	12 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	13 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	14 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	15 6:00 Forms Forms Tips and tricks 7:00 Sparring	16 8:00 Adv Krav 9:00 Krav Maga 10:00 Kickboxing Delray Beach Tournament
17 10:30AM All Ages Kickboxing 12:00 LEADERSHIP	18 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	19 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	20 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	21 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	22 5:00 Demo 6:00 Competition Training 7:00 Krav Seminar	23 8:00 Krav 10:00 TESTING #1 11:00 TESTING #2
24 10:30AM All Ages Kickboxing	25 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	26 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	27 9:00 AM Warrior Kickboxing 7:45 Warrior Krav Maga	28 9:00 Warrior Krav Maga 7:45 Warrior Kickboxing	29 5:00 Demo 6:00 Combat Weapon 8:00 DEFENCE LAB	30 8:00 Adv Krav 9:00 Krav Maga 10:00 Kickboxing 11:30 BBC

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