



August 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Soft Styles	2 Soft Styles	3 Soft Styles	4	5 Inst. Choice
6	7 Hard Styles	8 Hard Styles	9 Reflex Dev.	10 Reflex Dev.	11	12
13	14 Inst. Choice	15 Inst. Choice	16 Kata	17 CSD	18 Sprawl	19 Inst. Choice
20	21 Roll	22 Spar	23 Kickboxing	24 Bring A Friend	25 Edge Xtreme	26 Inst. Choice
27	28 Bring A Friend	29 Hard Styles	30 Hard Styles	31 Hard Styles		