



October 2023

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