



August 2024

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