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FEBRUARY



2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	7 - 8 a.m. - 7-5-3 Kickboxing 8:15-8:50 - Red Carpet Challenge
2	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	4	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karat 6:00 - 6:55 - 7-5-3 Kickboxing	6	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	8
09	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	11	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing	13	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing - Closed after 8am - Valentines Day	15
16	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	18	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	20	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	22
23	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	25	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	27	6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - 7-5-3 Kickboxing	1

This Month

Can you complete the 6-week Fitness Challenge?

Jan 20 - Feb 15 - Red Carpet Challenge - Win Cash and Prizes for working out

Feb 14 - No classes after 8am for Valentines Day

Feb 15 - Red Carpet Challenge Party 5:30-6:45.

Next Month

Can you complete the 6-week Fitness Challenge?

MARCH 2025

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					