



**7-5-3**  
**ACADEMY™**

**7 - 5 - 3 ACADEMY**  
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# OCTOBER



# 2024

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	1	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	2	3	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	7 - 8 a.m. - Get Lean by Halloween
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	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	9	10	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	7 - 8 a.m. - Get Lean by Halloween
13	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	15	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	16	17	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	7 - 8 a.m. - Get Lean by Halloween
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	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	23	24	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	7 - 8 a.m. - Get Lean by Halloween
27	<b>YOUTH HALLOWEEN PARTY 5 - 7 PM</b> 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	29	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	30	31	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	<b>SEMINAR Attack Survival Fundamentals 9 AM - Noon</b>

## This Month

Can you complete the 6-week Fitness Challenge?

- **October 26 - SEMINAR -** Attack Survival Fundamentals
- Time: 9 AM to Noon. Cost: \$225
- Topics: Situational Awareness, Positioning, Footwork, Strikes, Control Locks, Takedowns, and more.
- Limited Spots. Members Save \$75 with Promo Code
- **October 27 - Youth Halloween Party**
- Join us for our Halloween Party, filled with so much fun and activities... it's frightening ! lol.

Click or Scan to Register



Click or Scan to Register



## Next Month

Can you complete the 6-week Fitness Challenge?

- **November 23 - SEMINAR -** Collapsible Baton
- Time: 9 AM to Noon. Cost: \$325
- Learn how us a collapsible baton for self-defense against an attacker. We will cover topics of index points, limb control, pain compliance, takedowns, and more.
- Limited to 10 Students
- Cost of Seminar includes: ASP Talon Baton, and Seminar and 45min Private Lesson!

Click or Scan to Register



*This is over \$550 of value.*

## November 2024

S	M	T	W	TH	F	S
					1	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