

7 - 5 - 3 ACADEMY
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 info@753Academy.com
<https://www.753Academy.com>

NOVEMBER

2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing SPECIAL EVENT 5 - 7 PM SpookTacular Halloween Party	30 6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing SPECIAL EVENT 5 - 7 PM SpookTacular Halloween Party	31 6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 6:00 - 6:55 - 7-5-3 Kickboxing 7:15 - 8:00 - Pekiti Tirsia Kali	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 6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 6:00 - 6:55 - 7-5-3 Kickboxing 7:15 - 8:00 - Pekiti Tirsia Kali	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. - 7-5-3 Kickboxing
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26 CLOSED THANKSGIVING	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	28 6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 6:00 - 6:55 - 7-5-3 Kickboxing 7:15 - 8:00 - Pekiti Tirsia Kali	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 6 - 7 a.m. - 7-5-3 Kickboxing 7 - 8 a.m. - 7-5-3 Kickboxing 6:00 - 6:55 - 7-5-3 Kickboxing 7:15 - 8:00 - Pekiti Tirsia Kali	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 7 - 8 a.m. - 7-5-3 Kickboxing

This Month

Can you complete the 6-week Fitness Challenge?

November 11 - VETERANS DAY SPECIAL WORKOUT

November 18 - Members Night Out - Youth Night In Party 5:00 - 7:00
 Must Register No later then Novemer 17, 2023

CLOSED - Thanksgiving - November 21 no PM classes, to 26th

Next Month

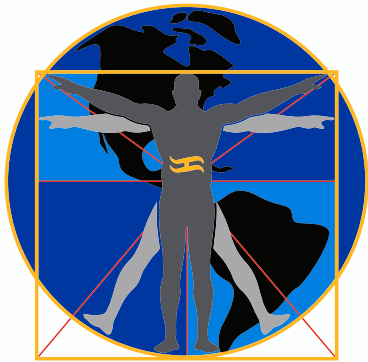
Can you complete the 6-week Fitness Challenge?

Holiday Party - December 20, 4:30 - 5:30 PM - Ages 5+

CLOSED - HOLIDAYS - December 20, 2023 - No PM CLASSES
- January 1, 2024, OPEN January 2, 2024

DECEMBER 2023

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6



7-5-3
ACADEMY™
Health, Fitness, and Martial Arts™

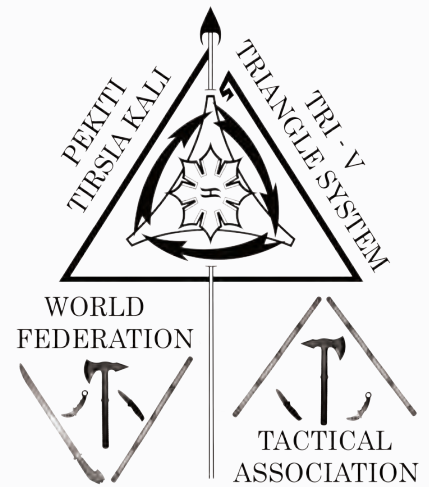
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WELCOME TO 7-5-3 Academy!



In a sea of martial arts options, we've adopted a different approach based on what works in real-world situations.

We specialize in building self-confidence, positive self-image, mental and physical resiliency, team work, and so much more.

From anti-bullying programs, self-defense, fitness and health improvement, we take a holistic, fun, and innovative approach that simply works.

Come as you are. Walk out feeling prepared, peaceful, and confident.

Some of our programs include:

- **Youth Karate** classes by age range, for all ages 5 to 6, and 7 to 12.
- **6-Week Fitness Challenge** is a workout for Adults guaranteed in writing to get you in shape and exceed your fitness and health goals.
- **Pekiti Tirsia Kali** (PTK), a Filipino martial art that is deeply rooted in combat tactics and edged weapons for modern world conflicts.
- **7-5-3 Kickboxing** - 7-5-3 kickboxing will turn you into a fat-burning machine that knows how to handle yourself when push comes to shove.

Learn more online us online at
<https://753Academy.com/>

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