



**7-5-3
ACADEMY™**

7 - 5 - 3 ACADEMY
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**MAY
2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - Whole Body Fitness		6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - Whole Body Fitness		6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 6:55 - Whole Body Fitness	7 - 8 a.m. - Whole Body Fitness 8:15 - 9 a.m Bonus Fitness Class
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

This Month

Can you complete the 6-week Fitness Challenge?

MAY BINGO FITNESS CHALLENGE. May 5-31. Workout. Have Fun. Earn \$ and Prizes.

- CLOSED - May 23 to May 26 - Memorial Day

MAY 31 - SEMINAR -

Attack Survival Fundamentals
 TOPIC: Gain fundamentals to survive an attack, situational awareness, positioning, strikes, controls, takedowns, escapes, expedient weapons, realistic scenario training.

- TME: 9:30 a.m. to 1:30 p.m.

- COST: \$150

Limited class size and availability

Next Month

Can you complete the 6-week Fitness Challenge?

Summer Slim Down Challenge . Workout. Compete. Have Fun. Earn \$ and Prizes.

JUNE 21 - SEMINAR -

Edge Weapon Countermeasures
 TOPIC: Gain fundamentals to survive a knife attack using: Distance, timing, footwork, hands and elbow strikes, and using a knife for counterattack

- TME: 9:30 a.m. to 1:30 p.m.

- COST: \$150

Limited class size and availability

JUNE 2025

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					

7 - 8 a.m. - Whole Body Fitness
 8:15 - 9 a.m Bonus Fitness Class
9:30 - 1:30 - Seminar Attack Survival Fundamentals