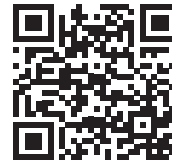


Fountain Fitness & Martial Arts  
 16650 E Palisades Blvd, Suite 107  
 Fountain Hills, Az, 85268  
 480-219-9253  
 info@753Academy.com  
 https://www.753Academy.com



Website

# JUNE 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	9 9 - 3:30 - Summer Courses 5:45 - 6:30 - Pekiti Tirsia Kali	10 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	11 9 - 3:30 - Summer Courses 5:45 - 6:30 - Pekiti Tirsia Kali	12 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	13 7 - 8 a.m - Whole Body Fitness 9:00 - 9:30 - Mindful Blade Ages 55+
14	15 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	16 9 - 3:30 - Summer Courses 5:45 - 6:30 - Pekiti Tirsia Kali	17 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	18 9 - 3:30 - Summer Courses 5:45 - 6:30 - Pekiti Tirsia Kali	19 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	20 7 - 8 a.m - Whole Body Fitness 9:00 - 9:30 - Mindful Blade Ages 55+
21	22 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	23 9 - 3:30 - Summer Courses 5:45 - 6:30 - Pekiti Tirsia Kali	24 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	25 9 - 3:30 - Summer Courses 5:45 - 6:30 - Pekiti Tirsia Kali	26 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	27 7 - 8 a.m - Whole Body Fitness 9:00 - 9:30 - Mindful Blade Ages 55+
28	29 6 - 7 a.m. - Whole Body Fitness 7 - 8 a.m. - Whole Body Fitness 9 a.m.- 3:30 - Summer Courses 3:45 - 4:30 - Mini Dragons 4:45 - 5:30 - Youth Karate 6:00 - 7:00 - Whole Body Fitness	30 9 - 3:30 - Summer Courses 5:45 - 6:30 - Pekiti Tirsia Kali				

## This Month

Can you complete the 4-week Fitness Challenge?

Register Here



### SUMMER WARRIOR COURSES

- New themes each week
- Weekdays, 9:00 a.m. - 3:15 p.m.

## Next Month

Can you complete the 4-week Fitness Challenge?

Register Here



### SUMMER WARRIOR COURSES

- New themes each week
- Weekdays, 9:00 a.m. - 3:15 p.m.

## JULY 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	31	