



JULY 2023 CLASS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:30PM - 1:30PM Boxing (Mixed)	12:30PM - 1:30PM Boxing (Mixed)	12:30PM - 1:30PM Boxing (Mixed)		12:30PM - 1:30PM Muay Thai/Kickboxing (Mixed)	12:30PM - 1:30PM Boxing (Mixed)	12:30PM - 1:30PM Kids & Youth (Open To Ages 6-13) No Open Gym
1:30PM - 5:00PM Open Gym	1:30PM - 4:00PM Open Gym	1:30PM - 5:00PM Open Gym		1:30PM - 5:00PM Open Gym	1:30PM - 2:30PM Muay Thai/Kickboxing (Mixed)	1:30PM - 2:30PM Boxing (Mixed)
5:30PM - 6:30PM Kids & Youth (Open To Ages 6-13) No Open Gym	4:00PM - 5:00PM Women's Boxing & Kickboxing (Mixed)	5:30PM - 6:30PM Kids & Youth (Open To Ages 6-13) No Open Gym	5:30PM - 6:30PM Boxing (Mixed Level)	5:30PM - 6:30PM Kids & Youth (Open To Ages 6-13) No Open Gym	<p>SPECIAL EVENTS: SELF DEFENSE FOUNDATIONS (Ages 12+) WEDNESDAY, JULY 12 at 8:00PM-9:00PM <i>(Regular Program - Kali will be substituted for Self-Defense Foundations on date noted above)</i></p> <p>CANADA DAY WEEKEND Striking Tactics will be CLOSED on July 1st & 2nd <i>(Regular Classes RESUMES Monday, July 3rd, 2023)</i></p>	
6:45PM - 7:45PM Boxing: Pads & Drills (Mixed)	5:00PM - 6:00PM Boxing: Fundamentals (Beginner)	6:45PM - 7:45PM Muay Thai/Kickboxing: Pads & Drills (Mixed)	6:45PM - 7:45PM Muay Thai/Kickboxing (Mixed)	6:45PM - 7:45PM Muay Thai/Kickboxing (Mixed)		
8:00PM - 9:00PM Muay Thai/Kickboxing (Mixed)	6:00PM - 7:00PM Boxing: Combat Conditioning	8:00PM - 9:00PM Kali	7:45PM - 8:30PM Muay Thai/Kickboxing (Intermediate)	7:45PM - 8:30PM Muay Thai/Kickboxing (Intermediate)		
	7:00PM - 8:00PM Boxing (Mixed Level)					

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