November 2025







retail on your

Birthday month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3	4	5 Every Wed *BUDDY DAY"	6 SPECIALclass "Bo" LongStick Only BBC & MC 8:10pm - 8:40p	7	8
10	Closed Veterans Day	12 Every Wed *BUDDY DAY"	13	14	15
17	18	19	20	21	22
24	25	26	27 Closed Happy Thanksgiving Weekend!	28 Closed Happy Thanksgiving Weekend!	29

^{* @} GET \$30 for every referral that signs up on Buddy Day or Anytime – Any Day! Thank You!

Just bring your buddy to YOUR class on 2nd & 3rd Wednesdays or Thursdays