



July 08

High Performance MMA

5173 Us Hwy 98 North
Lakeland, Fl 33809

<http://www.lakelandmartialarts.com>

Refer a friend get \$30 Credit to the pro shop

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				3 Happy Independence. Day	4 DVD Day Bring your favorite DVD Reminder :Summer Camp Payment Due	5 Seminar Robinho Tampa UFC show
6	7 Martial Arts around the World Kids MMA Class 600pm	8 Movies Cobb theater \$5.50 Kids Fun meal only no Charge for Movie.	9 Swimming \$3 Kids MMA Class 600pm	10 Bowling \$4 one game \$6 two games 100pm Orange Bowl	11 DVD Day Bring your favorite DVD Reminder: Summer Camp Payment Due	12 Florida States Orlando BJJ Miguel Torres Seminar Tampa
13	14 Martial Arts around the World Kids MMA Class 600pm	15 Movies Cobb theater \$5.50 Kids Fun meal only no Charge for Movie.	16 Swimming \$3 Kids MMA Class 600pm	17 Bass Fishing Bring your pole and hooks???? 8am Departure	18 DVD Day Bring your favorite DVD Reminder: Summer Camp Payment Due	19 Affliction Show UFC show
20	21 Martial Arts around the World Kids MMA Class 600pm	22 Movies Cobb theater \$5.50 Kids Fun meal only no Charge for Movie.	23 Swimming \$3 Kids MMA Class 600pm	24 Bowling \$4 one game \$6 two games 100pm Orange Bowl	25 DVD Day Bring your favorite DVD Reminder: Summer Camp Payment Due	26 Wrestling 10am Open Mat 11-1230pm
27	28 Martial Arts around the World Kids MMA Class 600pm	29 Movies Cobb theater \$5.50 Kids Fun meal only no Charge for Movie.	30 Swimming \$3 Kids MMA Class 600pm	31 Bowling \$4 one game \$6 two games 100pm Orange Bowl	August 1 DVD Day Bring your favorite DVD Reminder: Summer Camp Payment Due	