

April 2011

- Grappling
- Advanced
- Intermediate
- Beginner
- Studio

March 2011							April 2011							May 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5							1	2							
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 <div style="background-color: #cccccc; padding: 2px; margin-bottom: 5px;">Woman Only</div> <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #12 (Defense 3 & 4 / Strikes)</div>	29 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #4 (Stance Drills / Combination Run)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #1 (Forms Technique / Balance Drills)</div>	30 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #5 (Form Step-by-Step / Blocking hand drills)</div> <div style="font-size: 0.8em; color: red;">7:15 PM Advanced / Instructors</div>	31 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #6 (Form Step-by-Step / Defense 1 & 2)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #2 (Forms Step-by-Step / Standing Kicks)</div> <div style="font-size: 0.8em; color: purple;">8:30 PM Jiu-jitsu Technique</div>	1 <div style="background-color: black; color: white; padding: 2px;">6:00 PM Pizza Party & Movie Night</div>	2
3	4 <div style="background-color: #cccccc; padding: 2px; margin-bottom: 5px;">Woman Only</div> <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #13 (Combination Run / Grappling)</div>	5 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #7 (Forms Run / Defense 3 & 4)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #3 (Conditioning Cardio / Stretching)</div>	6 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #8 (Dive Rolls / Flag Sparring)</div> <div style="font-size: 0.8em; color: red;">7:15 PM Advanced / Instructors</div>	7 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #9 (Free Sparring)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #4 (Forms Step-by-Step / Kicks on Target)</div> <div style="font-size: 0.8em; color: purple;">8:30 PM Jiu-jitsu Technique</div>	8 <div style="font-size: 0.8em; color: blue;">6:00 PM Lesson #5 (Forms Run / Combination Review)</div> <div style="font-size: 0.8em; color: red;">7:15 PM Advanced / Instructors</div> <div style="font-size: 0.8em; color: purple;">8:30 PM Sparring Intensive</div>	9
10	11 <div style="background-color: #cccccc; padding: 2px; margin-bottom: 5px;">Woman Only</div> <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #14 (Forms Run / Grappling)</div>	12 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #10 (Point Sparring)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #7 (Blocking / Combination Technique)</div>	13 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #11 (Test Prep)</div> <div style="font-size: 0.8em; color: red;">7:15 PM Advanced / Instructors</div>	14 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #1 (Balance Drills / Combinations 1 & 2)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #6 (Free Sparring)</div> <div style="font-size: 0.8em; color: purple;">8:30 PM Jiu-jitsu Technique</div>	15 <div style="font-size: 0.8em; color: blue;">6:00 PM Lesson #8 (Offensive / Defensive Combinations 1-3)</div> <div style="font-size: 0.8em; color: red;">7:15 PM Advanced / Instructors</div> <div style="font-size: 0.8em; color: purple;">8:30 PM Sparring Intensive</div>	16
17	18 <div style="background-color: #cccccc; padding: 2px; margin-bottom: 5px;">Woman Only</div> <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #15 (Test Prep / Releases)</div>	19 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #2 (Standing Kicks / Combinations 3 & 4)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #9 (Falls / Dive Rolls)</div>	20 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #3 (Kicks on target / Combinations on target)</div> <div style="font-size: 0.8em; color: red;">7:15 PM Advanced / Instructors</div>	21 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #4 (Stance Drills / Combination Run)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #10 (Offensive / Defensive Combinations 4-7)</div> <div style="font-size: 0.8em; color: purple;">8:30 PM Jiu-jitsu Technique</div>	22 <div style="font-size: 0.8em; color: blue;">6:00 PM Lesson #12 (Free Sparring)</div> <div style="font-size: 0.8em; color: red;">7:15 PM Advanced / Instructors</div> <div style="font-size: 0.8em; color: purple;">8:30 PM Sparring Intensive</div>	23
24	25 <div style="background-color: #cccccc; padding: 2px; margin-bottom: 5px;">Woman Only</div> <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #16 (Electives / Joint Locks)</div>	26 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #5 (Form Step-by-Step / Blocking hand drills)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #11 (Defensive 1-7 / Combos on target)</div>	27 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #6 (Form Step-by-Step / Defense 1 & 2)</div> <div style="font-size: 0.8em; color: red;">7:15 PM Advanced / Instructors</div>	28 <div style="font-size: 0.8em; color: green;">6:00 PM Lesson #7 (Forms Run / Defense 3 & 4)</div> <div style="font-size: 0.8em; color: blue;">7:15 PM Lesson #13 (Defensive Combos / Combo Run)</div> <div style="font-size: 0.8em; color: purple;">8:30 PM Jiu-jitsu Technique</div>	29 <div style="font-size: 0.8em; color: blue;">6:00 PM Lesson #14 (Test Prep)</div> <div style="font-size: 0.8em; color: red;">7:15 PM Advanced / Instructors</div> <div style="font-size: 0.8em; color: purple;">8:30 PM Sparring Intensive</div>	30 <div style="background-color: black; color: white; padding: 2px;">6:00 PM Testing & Promotions</div>