

August 2011

- Grappling
- Advanced
- Intermediate
- Beginner
- Studio

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Woman Only 6:00 PM Lesson #12 (Deffense 3 & 4/ Strikes)	1 6:00 PM Lesson #11 (Test Prep) 7:15 PM Lesson #17 (Grappling)	2 6:00 PM Lesson #1 (Balance Drills/ Combinations 1 & 2)	3 6:00 PM Lesson #2 (Standing Kicks/ Combinations 3 & 4) 7:15 PM Lesson #1 (Forms Technique/ Balance Drills) 8:30 PM Jiu-jitsu Technique	4 6:00 PM Lesson #2 (Forms Step-by-Step/ Standing Kicks) 7:15 PM Advanced/ Instructors	5	6
7 Woman Only 6:00 PM Lesson #13 (Combination Run/ Gapping)	8 6:00 PM Lesson #3 (Kicks on target/ Combinations on target) 7:15 PM Lesson #3 (Conditioning Cardio/ Streching)	9 6:00 PM Lesson #4 (Stance Drills/ Combination Run)	10 6:00 PM Lesson #5 (Form Step-by-Step/ Blocking hand drills) 7:15 PM Lesson #4 (Forms Step-by-Step/ Kicks on Target) 8:30 PM Jiu-jitsu Technique	11 6:00 PM Lesson #5 (Forms Run/ Combination Review) 7:15 PM Advanced/ Instructors	12	13
14 Woman Only 6:00 PM Lesson #14 (Forms Run/ Gapping)	15 6:00 PM Lesson #6 (Form Step-by-Step/ Deffense 1 & 2) 7:15 PM Lesson #6 (Free Sparring)	16 6:00 PM Lesson #7 (Forms Run/ Deffense 3 & 4)	17 6:00 PM Lesson #8 (Dive Rolls/ Flag Sparring) 7:15 PM Lesson #7 (Blocking/ Combination Technique) 8:30 PM Jiu-jitsu Technique	18 6:00 PM Lesson #8 (Offensive/ Deffensive Combinations 1-3) 7:15 PM Advanced/ Instructors	19	20
21 Woman Only 6:00 PM Lesson #15 (Test Prep/ Releases)	22 6:00 PM Lesson #9 (Free Sparring) 7:15 PM Lesson #9 (Falls/ Dive Rolls)	23 6:00 PM Lesson #10 (Point Sparring)	24 6:00 PM Lesson #11 (Test Prep) 7:15 PM Lesson #10 (Offensive/ Deffensive Combinations 4-7) 8:30 PM Jiu-jitsu Technique	25 6:00 PM Lesson #11 (Deffensive 1-7/ Combos on target) 7:15 PM Advanced/ Instructors	26 Testing & Promotions (3:00 PM)	27
28 Woman Only 6:00 PM Lesson #16 (Electives/ Joint Locks)	29 6:00 PM Lesson #1 (Balance Drills/ Combinations 1 & 2) 7:15 PM Lesson #12 (Free Sparring)	30 6:00 PM Lesson #2 (Standing Kicks/ Combinations 3 & 4)	31 6:00 PM Lesson #3 (Kicks on target/ Combinations on target) 7:15 PM Lesson #13 (Deffensive Combos/ Combo Run) 8:30 PM Jiu-jitsu Technique	1 6:00 PM Lesson #14 (Test Prep) 7:15 PM Advanced/ Instructors	2	3