

December 2010

- Grappling
- Advanced
- Intermediate
- Beginner
- Studio

November 2010							December 2010							January 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	6			1	2	3	4							1	
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31	23	24	25	26	27	28	29	
													30	31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
		<ul style="list-style-type: none"> ■ 6:00 PM Lesson #7 (Forms Run/ Defense 3 & 4) ■ 7:15 PM Lesson #16 (Grappling) 		<ul style="list-style-type: none"> ■ 6:00 PM Lesson #8 (Dive Rolls/ Flag Sparring) ■ 7:15 PM Jiu-Jitsu Technique ■ 8:30 PM Open Mat Grappling 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #9 (Free Sparring) ■ 7:15 PM Lesson #17 (Test Prep) 	
5	6	7	8	9	10	11
	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #10 (Point Sparring) ■ 7:15 PM Lesson #1 (Forms Technique/ Balance Drills) 		<ul style="list-style-type: none"> ■ 6:00 PM lesson #11 (Test Prep) ■ 7:15 PM Jiu-Jitsu Technique ■ 8:30 PM Open Mat Grappling 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #1 (Balance Drills/ Combinations 1 & 2) ■ 7:15 PM Lesson #2 (Forms Step-by-Step/ Standing Kicks) 		
12	13	14	15	16	17	18
	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #2 (Standing Kicks/ Combinations 3 & 4) ■ 7:15 PM Lesson #3 (Conditioning Cardio/ Stretching) 		<ul style="list-style-type: none"> ■ 6:00 PM Lesson #3 (Kicks on target/ Combinations on target) ■ 7:15 PM Jiu-Jitsu Technique ■ 8:30 PM Open Mat Grappling 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #4 (Stance Drills/ Combination Run) ■ 7:15 PM Lesson #4 (Forms Step-by-Step/ Kicks on Target) 		
19	20	21	22	23	24	25
	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #5 (Form Step-by-Step/ Blocking hand drills) ■ 7:15 PM Lesson #5 (Forms Run/ Combination Review) 		<ul style="list-style-type: none"> ■ 6:00 PM Lesson #6 (Form Step-by-Step/ Defense 1 & 2) ■ 7:15 PM Jiu-Jitsu Technique ■ 8:30 PM Open Mat Grappling 	Closed for the Holiday		
26	27	28	29	30	31	1
	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #7 (Forms Run/ Defense 3 & 4) ■ 7:15 PM Lesson #6 (Free Sparring) 		<ul style="list-style-type: none"> ■ 6:00 PM Lesson #8 (Dive Rolls/ Flag Sparring) ■ 7:15 PM Jiu-Jitsu Technique ■ 8:30 PM Open Mat Grappling 	Closed for the Holiday		