

December 2011

- Electives
- Advanced
- Intermediate
- Beginner
- Studio

November 2011							December 2011							January 2012							
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	3							7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
27	28	29	30				25	26	27	28	29	30	31	29	30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
	Woman Only 6:00 PM Lesson #12 (Defense 3 & 4 / Strikes)	6:00 PM Lesson #5 (Form Step-by-Step/ Blocking hand drills) 7:15 PM Lesson #14 (Test Prep)	6:00 PM Lesson #6 (Form Step-by-Step/ Defense 1 & 2) 7:15 PM Advanced/ Intermediate	6:00 PM Lesson #7 (Forms Run/ Defense 3 & 4) 7:15 PM Lesson #15 (Conditioning) 8:30 PM Jiu-jitsu Technique	6:00 PM Lesson #16 (Point Sparring) 7:15 PM Advanced/ Instructors	
4	5	6	7	8	9	10
	Woman Only 6:00 PM Lesson #13 (Combination Run/ Gapping)	6:00 PM Lesson #8 (Dive Rolls/ Flag Sparring) 7:15 PM Intermediate/ Advanced	No Classes	6:00 PM Lesson #9 (Free Sparring) 7:15 PM Intermediate/ Advanced 8:30 PM Jiu-jitsu Technique	No Classes	
11	12	13	14	15	16	17
	Woman Only 6:00 PM Lesson #14 (Forms Run/ Gapping)	6:00 PM Lesson #10 (Point Sparring) 7:15 PM Intermediate/ Advanced	No Classes	6:00 PM Lesson #11 (Test Prep) 7:15 PM Intermediate/ Advanced 8:30 PM Jiu-jitsu Technique	No Classes	Testing & Promotions (6:00 PM)
18	19	20	21	22	23	24
	Woman Only 6:00 PM Lesson #15 (Test Prep/ Releases)	6:00 PM Lesson #1 (Balance Drills/ Combinations 1 & 2) 7:15 PM Intermediate/ Advanced	No Classes	6:00 PM Lesson #2 (Standing Kicks/ Combinations 3 & 4) 7:15 PM Intermediate/ Advanced 8:30 PM Jiu-jitsu Technique	No Classes	
25	26	27	28	29	30	31
	Woman Only 6:00 PM Lesson #16 (Electives/ Joint Locks)	6:00 PM Lesson #3 (Kicks on target/ Combinations on target) 7:15 PM Intermediate/ Advanced	No Classes	6:00 PM Lesson #4 (Stance Drills/ Combination Run) 7:15 PM Intermediate/ Advanced 8:30 PM Jiu-jitsu Technique	No Classes	