

# February 2011

- Grappling
- Advanced
- Intermediate
- Beginner
- Studio

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Woman Only 6:00 PM Womans' Self Deffense	31 Little Ninja's & Adults 6:00 PM Lesson #10 (Point Sparring) 7:15 PM Lesson #15 (Conditioning) 8:30 PM Advanced/ Instructors	1 Little Ninja's & Adults 6:00 PM White Belt	2 Little Ninja's & Adults	3 All Ages 6:00 PM Lesson #11 (Test Prep) 7:15 PM Jiu-jitsu Technique 8:30 PM Open Mat Grappling	4 All Ages 6:00 PM Lesson #1 (Balance Drills/ Combinations 1 & 2) 7:15 PM Lesson #16 (Point Sparring) 8:30 PM Advanced/ Instructors	5
6 Woman Only 6:00 PM Womans' Self Deffense	7 Little Ninja's & Adults 6:00 PM Lesson #2 (Standing Kicks/ Combinations 3 & 4) 7:15 PM Lesson #17 (Grappling) 8:30 PM Advanced/ Instructors	8 Little Ninja's & Adults 6:00 PM Lesson #3 (Kicks on target/ Combinations on target)	9 Little Ninja's & Adults	10 All Ages 6:00 PM Lesson #4 (Stance Drills/ Combination Run) 7:15 PM Jiu-jitsu Technique 8:30 PM Open Mat Grappling	11 All Ages 6:00 PM Lesson #5 (Form Step-by-Step/ Blocking hand drills) 7:15 PM Lesson #1 (Forms Technique/ Balance Drills) 8:30 PM Advanced/ Instructors	12
13 Woman Only 6:00 PM Womans' Self Deffense	14 Little Ninja's & Adults 6:00 PM Lesson #6 (Form Step-by-Step/ Deffense 1 & 2) 7:15 PM Lesson #2 (Forms Step-by-Step/ Standing Kicks) 8:30 PM Advanced/ Instructors	15 Little Ninja's & Adults 6:00 PM Lesson #7 (Forms Run/ Deffense 3 & 4)	16 Little Ninja's & Adults	17 All Ages 6:00 PM Lesson #8 (Dive Rolls/ Flag Sparring) 7:15 PM Jiu-jitsu Technique 8:30 PM Open Mat Grappling	18 All Ages 6:00 PM Lesson #9 (Free Sparring) 7:15 PM Lesson #3 (Conditioning Cardio/ Stretching) 8:30 PM Advanced/ Instructors	19
20 Woman Only 6:00 PM Womans' Self Deffense	21 Little Ninja's & Adults 6:00 PM Lesson #10 (Point Sparring) 7:15 PM Lesson #4 (Forms Step-by-Step/ Kicks on Target) 8:30 PM Advanced/ Instructors	22 Little Ninja's & Adults 6:00 PM Lesson #11 (Test Prep)	23 Little Ninja's & Adults	24 All Ages 6:00 PM Lesson #1 (Balance Drills/ Combinations 1 & 2) 7:15 PM Jiu-jitsu Technique 8:30 PM Open Mat Grappling	25 All Ages 6:00 PM Lesson #2 (Standing Kicks/ Combinations 3 & 4) 7:15 PM Lesson #5 (Forms Run/ Combination Review) 8:30 PM Advanced/ Instructors	26
27 Woman Only 6:00 PM Womans' Self Deffense	28 Little Ninja's & Adults 6:00 PM Lesson #3 (Kicks on target/ Combinations on target) 7:15 PM Lesson #6 (Free Sparring) 8:30 PM Advanced/ Instructors	1 Little Ninja's & Adults 6:00 PM Lesson #4 (Stance Drills/ Combination Run)	2 Little Ninja's & Adults	3 All Ages 6:00 PM Lesson #5 (Form Step-by-Step/ Blocking hand drills) 7:15 PM Jiu-jitsu Technique 8:30 PM Open Mat Grappling	4 All Ages 6:00 PM Lesson #6 (Form Step-by-Step/ Deffense 1 & 2) 7:15 PM Lesson #7 (Blocking/ Combination Technique) 8:30 PM Advanced/ Instructors	5