

January 2011

- Grappling
- Advanced
- Intermediate
- Beginner
- Studio

December 2010							January 2011							February 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							1				1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12	
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26	
26	27	28	29	30	31	23	24	25	26	27	28	29	27	28							
							30	31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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) ■ 8:30 PM Advanced/ Instructors 		<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	
2	3	4	5	6	7	8
<ul style="list-style-type: none"> ■ 6:00 PM Womans' Self Deffense 		<ul style="list-style-type: none"> ■ 6:00 PM Lesson #9 (Free Sparring) ■ 7:15 PM Lesson #7 (Blocking/ Combination Technique) ■ 8:30 PM Advanced/ Instructors 	<ul style="list-style-type: none"> ■ 6:00 PM White Belt 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #10 (Point Sparring) ■ 7:15 PM Jiu-jitsu Technique ■ 8:30 PM Open Mat Grappling 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #11 (Test Prep) ■ 7:15 PM Lesson #8 (Offensive/ Deffensive Combinations 1-3) ■ 8:30 PM Advanced/ Instructors 	
9	10	11	12	13	14	15
<ul style="list-style-type: none"> ■ 6:00 PM Womans' Self Deffense 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #1 (Balance Drills/ Combinations 1 & 2) ■ 7:15 PM Lesson #9 (Falls/ Dive Rolls) ■ 8:30 PM Advanced/ Instructors 	<ul style="list-style-type: none"> ■ 6:00 PM White Belt 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #2 (Standing Kicks/ Combinations 3 & 4) ■ 7:15 PM Jiu-jitsu Technique ■ 8:30 PM Open Mat Grappling 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #3 (Kicks on target/ Combinations on target) ■ 7:15 PM Lesson #10 (Offensive/ Deffensive Combinations 4-7) ■ 8:30 PM Advanced/ Instructors 		
16	17	18	19	20	21	22
<ul style="list-style-type: none"> ■ 6:00 PM Womans' Self Deffense 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #4 (Stance Drills/ Combination Run) ■ 7:15 PM Lesson #11 (Defensive 1-7/ Combos on target) ■ 8:30 PM Advanced/ Instructors 	<ul style="list-style-type: none"> ■ 6:00 PM White Belt 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #5 (Form Step-by-Step/ Blocking hand drills) ■ 7:15 PM Jiu-jitsu Technique ■ 8:30 PM Open Mat Grappling 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #6 (Form Step-by-Step/ Deffense 1 & 2) ■ 7:15 PM Lesson #12 (Free Sparring) ■ 8:30 PM Advanced/ Instructors 		
23	24	25	26	27	28	29
<ul style="list-style-type: none"> ■ 6:00 PM Womans' Self Deffense 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #7 (Forms Run/ Defense 3 & 4) ■ 7:15 PM Lesson #13 (Defensive Combos/ Combo Run) ■ 8:30 PM Advanced/ Instructors 	<ul style="list-style-type: none"> ■ 6:00 PM White Belt 	<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 #14 (Test Prep) ■ 8:30 PM Advanced/ Instructors 		
30	31	1	2	3	4	5
<ul style="list-style-type: none"> ■ 6:00 PM Womans' Self Deffense 	<ul style="list-style-type: none"> ■ 6:00 PM Lesson #10 (Point Sparring) ■ 7:15 PM Lesson #15 (Conditioning) ■ 8:30 PM Advanced/ Instructors 	<ul style="list-style-type: none"> ■ 6:00 PM White Belt 	<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 #16 (Point Sparring) ■ 8:30 PM Advanced/ Instructors 		