

# June 2011

- Grappling
- Advanced
- Intermediate
- Beginner
- Studio

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

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