

# March 2011

- Grappling
- Advanced
- Intermediate
- Beginner
- Studio

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
<p style="background-color: #cccccc; padding: 2px;">Woman Only</p> <ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Womans' Self Deffense</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #3 (Kicks on target/ Combinations on target)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #6 (Free Sparring)</li> <li><span style="color: red;">■</span> 8:30 PM Advanced/ Instructors</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #4 (Stance Drills/ Combination Run)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #4 (Stance Drills/ Combination Run)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #5 (Form Step-by-Step/ Blocking hand drills)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #7 (Blocking/ Combination Technique)</li> <li><span style="color: purple;">■</span> 8:30 PM Jiu-Jitsu Technique</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">■</span> 6:00 PM Lesson #8 (Offensive/ Deffensive Combinations 1-3)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> <li><span style="color: purple;">■</span> 8:30 PM Sparring Intensive</li> </ul>	
6	7	8	9	10	11	12
<p style="background-color: #cccccc; padding: 2px;">Woman Only</p> <ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #9 (Balance Drills/ Joint Locks)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #6 (Form Step-by-Step/ Deffense 1 &amp; 2)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #9 (Falls/ Dive Rolls)</li> <li><span style="color: red;">■</span> 8:30 PM Advanced/ Instructors</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #7 (Forms Run/ Deffense 3 &amp; 4)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #7 (Forms Run/ Deffense 3 &amp; 4)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #8 (Dive Rolls/ Flag Sparring)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #10 (Offensive/ Deffensive Combinations 4-7)</li> <li><span style="color: purple;">■</span> 8:30 PM Jiu-Jitsu Technique</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">■</span> 6:00 PM Lesson #11 (Deffensive 1-7/ Combos on target)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> <li><span style="color: purple;">■</span> 8:30 PM Sparring Intensive</li> </ul>	
13	14	15	16	17	18	19
<p style="background-color: #cccccc; padding: 2px;">Woman Only</p> <ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #10 (Combinations on target/ Joint Locks)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #9 (Free Sparring)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #12 (Free Sparring)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #10 (Point Sparring)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #10 (Point Sparring)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #11 (Test Prep)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #13 (Deffensive Combos/ Combo Run)</li> <li><span style="color: purple;">■</span> 8:30 PM Jiu-Jitsu Technique</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">■</span> 6:15 PM Lesson #14 (Test Prep)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> <li><span style="color: purple;">■</span> 8:30 PM Sparring Intensive</li> </ul>	
20	21	22	23	24	25	26
<p style="background-color: #cccccc; padding: 2px;">Woman Only</p> <ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #11 (Form Step-by-Step/ Strikes)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #1 (Balance Drills/ Combinations 1 &amp; 2)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #15 (Conditioning)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #2 (Standing Kicks/ Combinations 3 &amp; 4)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #2 (Standing Kicks/ Combinations 3 &amp; 4)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #3 (Kicks on target/ Combinations on target)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #16 (Point Sparring)</li> <li><span style="color: purple;">■</span> 8:30 PM Jiu-Jitsu Technique</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">■</span> 6:15 PM Lesson #17 (Grappling)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> <li><span style="color: purple;">■</span> 8:30 PM Sparring Intensive</li> </ul>	
27	28	29	30	31	1	2
<p style="background-color: #cccccc; padding: 2px;">Woman Only</p> <ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #12 (Deffense 3 &amp; 4/ Strikes)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #4 (Stance Drills/ Combination Run)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #1 (Forms Technique/ Balance Drills)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #5 (Form Step-by-Step/ Blocking hand drills)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #5 (Form Step-by-Step/ Blocking hand drills)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">■</span> 6:00 PM Lesson #6 (Form Step-by-Step/ Deffense 1 &amp; 2)</li> <li><span style="color: blue;">■</span> 7:15 PM Lesson #2 (Forms Step-by-Step/ Standing Kicks)</li> <li><span style="color: purple;">■</span> 8:30 PM Jiu-Jitsu Technique</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: blue;">■</span> 6:00 PM Lesson #3 (Conditioning Cardio/ Stretching)</li> <li><span style="color: red;">■</span> 7:15 PM Advanced/ Instructors</li> <li><span style="color: purple;">■</span> 8:30 PM Sparring Intensive</li> </ul>	