

May 2011

- Grappling
- Advanced
- Intermediate
- Beginner
- Studio

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

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