

November 2011

- Electives
- Advanced
- Intermediate
- Beginner
- Studio

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

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