October 2011

- Electives
- Advanced
- Intermediate
- Beginner
- Studio

September 2011

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

October 2011

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

November 2011

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

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