

September 2011

- Electives
- Advanced
- Intermediate
- Beginner
- Studio

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

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