

# JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
		6:30 - 7:15am MMA 5:00 - 5:45 D/F 5:50 - 6:40 S 6:45 - 7:30 S 7:40 - 8:45 S	5:00 - 5:45 D/B 6:00 - 7:30 D/B 8:00 - 9:00 BJJ	CLOSED	CLOSED
6	7	8	9	10	11
5:00 - 5:45 D/B 5:50 - 6:40 S 6:45 - 7:30 S 7:40 - 8:45 S	12:15 - 1:15 D/F 5:30 - 6:30 B/SD 6:45 - 8:00 D/F 8:30 - 9:30 BJJ	6:30 - 7:15am MMA 5:00 - 5:45 D/F 5:50 - 6:40 D/F 6:45 - 7:30 D/F 7:40 - 8:45 D/F	5:00 - 5:45 GW 6:00 - 7:30 GW 8:00 - 9:00 BJJ	6:30 - 7:15 MMA 5:00 - 5:45 D/B 6:00 - 6:45 D/B	8:30 - 9:30 D/F 9:35 - 10:15 D/F 10:30 - 11:15 D/F 11:30 - 12:00 LD
13	14	15	16	17	18
5:00 - 5:45 GW 5:50 - 6:40 GW 6:45 - 7:30 GW 7:40 - 8:45 GW	12:15 - 1:15 D/F 5:30 - 6:30 D/B 6:45 - 8:00 D/F 8:15 - 9:15 BJJ	6:30 - 7:15am MMA 5:00 - 5:45 B/SD 5:50 - 6:40 B/SD 6:45 - 7:30 B/SD 7:40 - 8:45 B/SD	5:00 - 5:45 S 6:00 - 7:30 S 8:00 - 9:00 BJJ	6:30 - 7:15 MMA 5:00 - 5:45 B/SD 6:00 - 6:45 B/SD	8:30 - 9:30 GW 9:35 - 10:15 GW 10:30 - 11:15 GW 11:30 - 12:00 LD
20	21	22	23	24	25
5:00 - 5:45 D/F 5:50 - 6:40 D/F 6:45 - 7:30 D/F 7:40 - 8:45 D/F	12:15 - 1:15 D/F 5:30 - 6:30 S 6:45 - 8:00 D/F 8:15 - 9:15 BJJ	6:30 - 7:15am MMA 5:00 - 5:45 GW 5:50 - 6:40 GW 6:45 - 7:30 GW 7:40 - 8:45 GW	5:00 - 5:45 D/F 6:00 - 7:30 D/F 8:00 - 9:00 BJJ	6:30 - 7:15 MMA 5:00 - 5:45 D/B 6:00 - 6:45 S	8:30 - 9:30 D/F 9:35 - 10:15 B/SD 10:30 - 11:15 B/SD 11:30 - 12:00 LD
27	28	29	30	31	
5:00 - 5:45 B /SD 5:50 - 6:40 B/SD 6:45 - 7:30 B/SD 7:40 - 8:45 B/SD	12:15 - 1:15 D/F 5:30 - 6:30 D/F 6:45 - 8:00 D/F 8:15 - 9:15 BJJ	6:30 - 7:15am MMA 5:00 - 5:45 IC 5:50 - 6:40 IC 6:45 - 7:30 IC 7:40 - 8:45 IC	5:00 - 5:45 WD 6:00 - 7:30 WD 8:00 - 9:00 BJJ	6:30 - 7:15 MMA 5:00 - 5:45 IC 6:00 - 6:45 IC	

D - DRILLS

G/W - GROUND WORK

B - BAGS

SD - SELF DEFENSE

F- FORMS

S - SPARRING

WD - WEAPONS DEFENSE

MMA - MIXED MARTIAL ARTS

I/C- INSTRUCTORS CHOICE

LD - LITTLE DRAGONS

AW - ADULT WEAPONS

BJJ - BRAZILIAN JIU-JITSU PROGRAM