

MAY 2019

OPEN TO ALL	OPEN TO ALL	WOMEN ONLY	OPEN TO ALL	WOMEN ONLY	OPEN TO ALL	WOMEN ONLY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
April 29 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Chicken Wings</i> 8:00-9:00 Systema <i>Striking Flow</i>	April 30 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Knife Defense</i> 8:00-9:00 MKJ <i>The Harness</i>	May 1 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	May 2 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Preadator Prey Switch</i> 8:00-9:00 MKJ <i>Entering</i>	May 3 Dedicated to Women RISE Activities	May 4 9:00am-9:45am Junior MKJ <i>"May the 4th Be With you"</i> 10am-noon \$25 Drop-in OPEN TO ALL	May 5 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
May 6 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Feral Clinching</i> 8:00-9:00 Systema <i>Working With Sticks</i>	May 7 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Ballistic Hitting</i> 8:00-9:00 MKJ <i>Finger Locks</i>	May 8 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	May 9 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Butterfly Guard Sweeps</i> 8:00-9:00 MKJ <i>Butterfly Guard Leg Attacks</i>	May 10 Dedicated to Women RISE Activities	May 11 9:00am-9:45am Junior MKJ <i>"Boxing Bootcamp"</i> 10am-noon \$25 Drop-in OPEN TO ALL	May 12 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
May 13 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>8-Point Knife Set</i> 8:00-9:00 Systema <i>Stick Defense</i>	May 14 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Choke Defense</i> 8:00-9:00 MKJ <i>Guard Defense</i>	May 15 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	May 16 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Combat Clinch</i> 8:00-9:00 MKJ <i>Standing Arm Lock Set</i>	May 17 Dedicated to Women RISE Activities	May 18 9:00am-9:45am Junior MKJ Junior Classes are open. Adult Classes are Closed Memberships will be extended to reflect cancellation.	May 19 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
May 20 6:30-7:00pm 7:00-8:00 MKJ <i>Offensive Weapon Work</i> 8:00-9:00 Systema <i>Combat Takedowns</i>	May 21 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Fight Enders</i> 8:00-9:00 MKJ <i>Offensive Knife From Ground</i>	May 22 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	May 23 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Confined Spaces</i> 8:00-9:00 MKJ <i>Flexible Weapons</i>	May 24 Dedicated to Women RISE Activities	May 25 9:00am-9:45am Junior MKJ <i>"Headbutts, Knees & Elbows"</i> 10am-noon \$25 Drop-in OPEN TO ALL	May 26 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
May 27 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Gun Defense</i> 8:00-9:00 Systema <i>Sacrifice Throws</i>	May 28 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Underhook and Pike</i> 8:00-9:00 MKJ <i>Leg Clinching</i>	May 29 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	May 30 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Kicking</i> 8:00-9:00 MKJ <i>Uppercuts & Shovel Hooks</i>	May 31 Dedicated to Women RISE Activities	June 1 9:00am-9:45am Junior MKJ <i>"Working The Center Line"</i> 10am-noon \$25 Drop-in OPEN TO ALL	June 2 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo

"On the plains of hesitation lie the blackened bones of countless millions who at the dawn of victory lay down to rest, and in resting died."

Adlai Stevenson I