

DECEMBER 2018

FUNDAMENTALS	ACCELERATED	WOMEN ONLY	ACCELERATED	WOMEN ONLY	FUNDAMENTALS	WOMEN ONLY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
November 26 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Shielding</i> 8:00-9:00 Systema <i>Working With The Legs</i>	November 27 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Multiple Attackers</i> 8:00-9:00 MKJ <i>Dirty Boxing</i>	November 28 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	November 29 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Short Work</i> 8:00-9:00 MKJ <i>Chokes</i>	November 30 Dedicated to Women RISE Activities	December 1 9:00am-9:45am Junior MKJ "Intervention" 10am-noon \$30 Drop-in OPEN TO ALL	December 2 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
December 3 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>The Sucker Punch</i> 8:00-9:00 Systema <i>Feral Clinching</i>	December 4 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Renovated Boxing</i> 8:00-9:00 MKJ <i>Leg Locks 1</i>	December 5 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	December 6 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Counter Striking</i> 8:00-9:00 MKJ <i>Leg Locks 2</i>	December 7 Dedicated to Women RISE Activities	December 8 9:00am-9:45am Junior MKJ "Takedowns" 10am—1pm \$30 Drop-in OPEN TO ALL	December 9 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
December 10 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Knife Defense</i> 8:00-9:00 Systema <i>Escape From Holds</i>	December 11 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Hostage Survival</i> 8:00-9:00 MKJ <i>Close Quarter Boxing</i>	December 12 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	December 13 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Pressure Points</i> 8:00-9:00 MKJ <i>Short Strikes</i>	December 14 Dedicated to Women RISE Activities	December 15 9:00am-9:45am Junior MKJ "The Nutcracker: All Groin Attacks" 10am-noon \$30 Drop-in	December 16 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
December 17 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Chokes</i> 8:00-9:00 Systema <i>Headbutts, knees and Elbows</i>	December 18 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Gun Defense</i> 8:00-9:00 MKJ <i>Kesa Gatame Defense</i>	December 19 Women's classes on Holiday! Return January 9 th	December 20 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Ground Leg Work</i> 8:00-9:00 MKJ <i>Guard Passes</i>	December 21 Women's classes on Holiday! Return January 9 th	December 22 9:00am-9:45am Junior MKJ "Defense Against Krampus 3" 10am-1pm \$30 Drop-in OPEN TO ALL	December 23 Women's classes on Holiday! Return January 9 th
December 24 CLOSED FOR THE HOLIDAYS	December 25 CLOSED FOR THE HOLIDAYS	December 26 Women's classes on Holiday! Return January 9 th	December 27 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Ground Control</i> 8:00-9:00 MKJ <i>Staff</i>	December 28 Women's classes on Holiday! Return January 9 th	December 29 9:00am-9:45am Junior MKJ "Hojo Jutsu--Rope" 10am-1pm \$30 Drop-in OPEN TO ALL	December 30 Women's classes on Holiday! Return January 9 th
December 31 CLOSED FOR THE HOLIDAYS	January 1 CLOSED FOR THE HOLIDAYS	January 2 Women's classes on Holiday! Return January 9 th	January 3 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Arm Control</i> 8:00-9:00 MKJ <i>Handcuffing</i>	January 4 Women's classes on Holiday! Return January 9 th	January 5 9:00am-9:45am Junior MKJ "Functionalizing Small Joint Locks" 10am-noon \$30 Drop-in OPEN TO ALL	January 6 Women's classes on Holiday! Return January 9 th

"You are the sky. Everything else is just the weather."

— Pema Chödrön —