

SEPTEMBER 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
September 2 DOJO CLOSED HAPPY LABOR DAY	September 3 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Underhooks</i> 8:00-9:00 MKJ <i>Waki Gatame</i>	September 4 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	September 5 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>The Whizzer</i> 8:00-9:00 MKJ <i>Leg Sweeps</i>	September 6 Dedicated to Women RISE Activities	September 7 9:00am-9:45am Junior MKJ "Sparring" 10am-noon \$30 Drop-in OPEN TO ALL	September 8 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
September 9 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Crooked Head Scissor</i> 8:00-9:00 Systema <i>Uppercuts</i>	September 10 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Pistol Retention</i> 8:00-9:00 MKJ <i>Arm Lock Set 1</i>	September 11 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	September 12 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>The Hammer Lock</i> 8:00-9:00 MKJ <i>Ground Leg Control</i>	September 13 Dedicated to Women RISE Activities	September 14 9:00am-9:45am Junior MKJ "Offensive Gun" 10am-noon \$25 Drop-in OPEN TO ALL	September 15 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
September 16 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Short Chokes</i> 8:00-9:00 Systema <i>Short Work</i>	September 17 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Nelsons</i> 8:00-9:00 MKJ <i>Ground-n-Pound</i>	September 18 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	September 19 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Breaking Structure</i> 8:00-9:00 MKJ <i>Takedown Flow</i>	September 20 Dedicated to Women RISE Activities	September 21 9:00am-9:45am Junior MKJ "Renovated Boxing" 10am-noon \$25 Drop-in	September 22 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
September 23 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Leg Locks</i> 8:00-9:00 Systema <i>Leg Locks</i>	September 24 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Defensive Boxing</i> 8:00-9:00 MKJ <i>Kick Defense</i>	September 25 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	September 26 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Stun Hitting</i> 8:00-9:00 MKJ <i>Arm Control</i>	September 27 Dedicated to Women RISE Activities	September 28 9:00am-9:45am Junior MKJ "Attacking the Nervous System" 10am-noon \$25 Drop-in	September 29 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
September 30 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Strike Conditioning</i> 8:00-9:00 Systema <i>Rolling & Movement</i>	October 1 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Head and Arm Control</i> 8:00-9:00 MKJ <i>Triangle Footwork</i>	October 2 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	October 3 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>Cloth Grabs</i>	October 4 Dedicated to Women RISE Activities	October 5 9:00am-9:45am Junior MKJ "MKJ Fundamentals" 10am-2pm \$25 Drop-in OPEN TO ALL	October 6 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo

"Yesterday I was clever, so I wanted to change the world. Today I am wise so I am changing myself."

Rumi