

FEBRUARY 2019

FUNDAMENTALS	ACCELERATED	WOMEN ONLY	ACCELERATED	WOMEN ONLY	FUNDAMENTALS	WOMEN ONLY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
January 28 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Fight Enders</i> 8:00-9:00 Systema <i>Takedowns</i>	January 29 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Twisted Lead</i> 8:00-9:00 MKJ <i>Footwork</i>	January 30 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	January 31 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Figure 8 Work</i> 8:00-9:00 MKJ <i>Splashing Hands</i>	February 1 Dedicated to Women RISE Activities	February 2 9:00am-9:45am Junior MKJ "Escape From Holds" 10am-1pm \$30 Drop-in OPEN TO ALL	February 3 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
February 4 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Choke Defense</i> 8:00-9:00 Systema <i>Takedowns</i>	February 5 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>The Arm Drag</i> 8:00-9:00 MKJ <i>Arm Throws</i>	February 6 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	February 7 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Headlock Defense</i> 8:00-9:00 MKJ <i>The Sucker Punch</i>	February 8 Dedicated to Women RISE Activities	February 9 9:00am-9:45am Junior MKJ "Entering" 10am-noon \$25 Drop-in OPEN TO ALL	February 10 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
February 11 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Clinching</i> 8:00-9:00 Systema <i>Leg Sweeps</i>	February 12 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Three Striking Energies</i> 8:00-9:00 MKJ <i>Striking Energies Part 2</i>	February 13 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	February 14 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Takedown Defense</i> 8:00-9:00 MKJ <i>Mount Defense</i>	February 15 Dedicated to Women RISE Activities	February 16 9:00am-9:45am Junior MKJ "Breaking Grips" 10am-1pm \$30 Drop-in OPEN TO ALL	February 17 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
February 18 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Guard Sweeps</i> 8:00-9:00 Systema <i>Ballistic Hitting</i>	February 19 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Offensive Knife</i> 8:00-9:00 MKJ <i>Short Arm Locks</i>	February 20 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	February 21 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Dealing With Pushes</i> 8:00-9:00 MKJ <i>Guillotine Defense</i>	February 22 Dedicated to Women RISE Activities	February 23 9:00am-9:45am Junior MKJ "Defense Against Lifts" 10am-noon \$25 Drop-in OPEN TO ALL	February 24 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
February 25 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Weaponizing Umbrellas</i> 8:00-9:00 Systema <i>Working w. Books/Cells</i>	February 26 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Stutter and ½ Stutter Steps</i> 8:00-9:00 MKJ <i>Back Pack As a Weapon</i>	February 27 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	February 28 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Headbutts, Knees & Elbows</i> 8:00-9:00 MKJ <i>Low Kicks</i>	March 1 Dedicated to Women RISE Activities	March 2 9:00am-9:45am Junior MKJ "The Bridge Arm" 10am-noon \$30 Drop-in OPEN TO ALL	March 3 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo

"You are not a drop in an ocean. You are an entire ocean in a single drop."

— Rumi—