

# MARCH 2019

FUNDAMENTALS	ACCELERATED	WOMEN ONLY	ACCELERATED	WOMEN ONLY	FUNDAMENTALS	WOMEN ONLY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				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
March 4 6:30-7:00pm Conditioning 7:00-8:00 MKJ TURTLE POSITION 8:00-9:00 Systema CAGING FLOW	March 5 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema GROUND LEG WORK 8:00-9:00 MKJ NECK LOCKS	March 6 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	March 7 CLOSED FOR MARCH BREAK	March 8 Dedicated to Women RISE Activities	March 9 CLOSED FOR MARCH BREAK	March 10 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
March 11 CLOSED FOR MARCH BREAK	March 12 CLOSED FOR MARCH BREAK	March 13 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	March 14 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema CLINCH STRIKING 8:00-9:00 MKJ LEG LOCKS	March 15 Dedicated to Women RISE Activities	March 16 9:00am-9:45am Junior MKJ "St. Patrick's Day" Sticks, Fists & Saps 10am-1pm \$30 Drop-in OPEN TO ALL	March 17 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
March 18 6:30-7:00pm Conditioning 7:00-8:00 MKJ KICKING 8:00-9:00 Systema GROUND FLOW	March 19 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema ARM TRAPING FR GROUND 8:00-9:00 MKJ ARM LOCKS	March 20 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	March 21 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema SNAP DOWNS 8:00-9:00 MKJ WORKING WITH CLOTH	March 22 Dedicated to Women RISE Activities	March 23 9:00am-9:45am Junior MKJ "FUNDAMENTALS OF JUJITSU" 10am-2pm \$40 Drop-in OPEN TO ALL	March 24 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
March 25 6:30-7:00pm Conditioning 7:00-8:00 MKJ TAKEDOWNS 8:00-9:00 Systema CHOKES	March 26 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema HOSTAGE SITUATIONS 8:00-9:00 MKJ THE BODY LOCK	March 27 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	March 28 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema LEG SWEEPS 8:00-9:00 MKJ THE STRAIGHT BLAST	March 29 Dedicated to Women RISE Activities	March 30 9:00am-9:45am Junior MKJ "GRAPPLING" 10am-noon \$25 Drop-in OPEN TO ALL	March 31 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo

*"Always seek to see eye-to-eye. Always prepare to go toe-to-toe."*— Irish Proverb—