

JUNE 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
June 3	June 4	June 5	June 6	June 7	June 8	June 9
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Stick Defense</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Arm Destructions</i>	6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Breath Control</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Working With Centers" 10am-noon \$25 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
June 10	June 11	June 12	June 13	June 1	June 15	June 16
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Footwork</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Sensitivity Drilling</i>	6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Head and Arm Control</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Face and Neck Locks" 10am-noon \$25 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
June 17	June 18	June 19	June 20	June 21	June 22	June 23
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>The Cross Mount</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Escape From Holds</i>	6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Ground Flow</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Knife Defense" 10am-noon \$25 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
June 24	June 25	June 26	June 27	June 28	June 29	June 30
CLOSED FOR JEAN-BAPTISE	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>The Russian 2-on-1</i>	6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>The Straight Blast</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Slavic Boxing" 10am-noon \$25 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
July 1	June 2	July 3	July 4	July 5	July 6	July 7
CLOSED FOR CANADA DAY	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Lock Flow</i>	6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flos	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Headbutts, Knees & Elbows</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Ground Escapes" 10am-noon \$25 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
	8:00-9:00 MKJ <i>Compound Takedowns</i>		8:00-9:00 MKJ Guard Sweeps			

"Absence of evidence is not evidence of absence."

Carl Sagan

