

APRIL 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
April 1 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Deception and Baiting</i> 8:00-9:00 Systema <i>Tactical Vision</i>	April 2 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Breath Work</i> 8:00-9:00 MKJ <i>Strike Destruction</i>	April 3 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	April 4 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Trapping</i> 8:00-9:00 MKJ <i>Kesa Gatame</i>	April 5 Dedicated to Women RISE Activities	April 6 9:00am-9:45am Junior MKJ "Splashing Hands" 10am-noon \$25 Drop-in OPEN TO ALL	April 7 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
April 8 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Leg Traps</i> 8:00-9:00 Systema <i>Leg Locks</i>	April 9 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Rolling , Moving and Falling</i> 8:00-9:00 MKJ <i>Ground Transitions</i>	April 10 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	April 11 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Ground Trapping</i> 8:00-9:00 MKJ <i>Essential Submissions</i>	April 12 Dedicated to Women RISE Activities	April 13 9:00am-9:45am Junior MKJ "Ground Fighter Clinic" 10am-1pm \$30 Drop-in OPEN TO ALL	April 14 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
April 15 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Throwing Mechanics</i> 8:00-9:00 Systema <i>Ground Flow</i>	April 16 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Dirty Boxing</i> 8:00-9:00 MKJ Butterfly Guard	April 17 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	April 18 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Breaking Up Fights</i> 8:00-9:00 MKJ <i>Iron Sineu Conditioning</i>	April 19 Dedicated to Women RISE Activities	April 20 9:00am-9:45am Junior MKJ "Striking" 10am-noon \$25 Drop-in OPEN TO ALL	April 21 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
April 22 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Snap Downs</i> 8:00-9:00 Systema <i>Kicking</i>	April 23 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Finger Chokes</i> 8:00-9:00 MKJ <i>Offensive Guard</i>	April 24 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	April 25 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Broken Rhythm</i> 8:00-9:00 MKJ <i>Footwork</i>	April 26 Dedicated to Women RISE Activities	April 27 9:00am-9:45am Junior MKJ "The Russian 2-on-1" 10am-noon \$25 Drop-in OPEN TO ALL	April 28 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
April 29 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Chicken Wings</i> 8:00-9:00 Systema <i>Striking Flow</i>	April 30 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>The Harness</i>	May 1 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo	May 2 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Preadotor Prey Switch</i> 8:00-9:00 MKJ <i>Entering</i>	May 3 Dedicated to Women RISE Activities	May 4 9:00am-9:45am Junior MKJ "May the 4 th Be With you" 10am-noon \$25 Drop-in OPEN TO ALL	May 5 2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo

"As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness
Henry David Thoreau