

# JULY 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
July 1 <b>CLOSED FOR CANADA DAY</b>	July 2 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Lock Flow</i> 8:00-9:00 MKJ <i>Compound Takedowns</i>	July 3 6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flos	July 4 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Headbutts, Knees &amp; Elbows</i> 8:00-9:00 MKJ Guard Sweeps	July 5 Dedicated to Women RISE Activities	July 6 9:00am-9:45am Junior MKJ "Ground Escapes" 10am-noon \$25 Drop-in OPEN TO ALL	July 7 Private Classes & Events for the summer
July 8 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Standing Restraint</i> 8:00-9:00 Systema <i>The Sucker Punch</i>	July 9 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Stick Defense</i> 8:00-9:00 MKJ <i>Body Lock Variations</i>	July 10 Private Classes & Events for the summer	July 11 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Kicking Strategies</i> 8:00-9:00 MKJ <i>Feral Clinching</i>	July 12 Dedicated to Women RISE Activities	July 13 9:00am-9:45am Junior MKJ "Integrating Straight Blast" 10am-noon \$25 Drop-in OPEN TO ALL	July 14 Private Classes & Events for the summer
July 15 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Snake Strategies</i> 8:00-9:00 Systema <i>Guard Sweeps</i>	July 16 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Escape From Holds</i> 8:00-9:00 MKJ <i>Leopard Strategies</i>	July 17 Private Classes & Events for the summer	July 18 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Defensive Knife</i> 8:00-9:00 MKJ <i>Hojo Jitsu</i>	July 19 Dedicated to Women RISE Activities	July 20 9:00am-9:45am Junior MKJ "Sparring Clinic" 10am-noon \$25 Drop-in OPEN TO ALL Women's Self-Defense "Safe Travels!" 2:00-5:00pm	July 21 Private Classes & Events for the summer
July 22 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>The Underhook</i> 8:00-9:00 Systema <i>Casting</i>	July 23 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Stick vs. Knife</i> 8:00-9:00 MKJ <i>Staff Work</i>	July 24 Private Classes & Events for the summer	July 25 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Pummeling</i> 8:00-9:00 MKJ <i>Takedown Defense</i>	July 26 Dedicated to Women RISE Activities	July 27 9:00am-9:45am Junior MKJ "Grappler's Bootcamp" 10am-noon \$25 Drop-in OPEN TO ALL	July 28 Private Classes & Events for the summer
July 29 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Spring Step</i> 8:00-9:00 Systema <i>Leg Locks</i>	July 30 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Kicking Defense</i> 8:00-9:00 MKJ <i>Leg Traps</i>	July 31 Private Classes & Events for the summer	August 1 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Natural Acrobatics</i> 8:00-9:00 MKJ Hip Throws	August 2 Dedicated to Women RISE Activities	August 3 9:00am-9:45am Junior MKJ "Confined Spaces" 10am-noon \$25 Drop-in OPEN TO ALL	August 4 Private Classes & Events for the summer

"If something is true, no amount of wishful thinking will change it."

Richard Dawkins