

JANUARY 2020

| MONDAY | TUESDAY | THURSDAY | SATURDAY |
|---|--|--|--|
| December 30 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Inside Striking</i> 8:00-9:00 Systema <i>Chokes</i> | December 31 CLOSED NEW YEARS EVE | January 2 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Sysema <i>Leg Adhesion Standing</i> 8:00-9:00 MKJ <i>Leg Adhesion Ground</i> | January 4 9:00am-9:45am Junior MKJ "Butterfly Guard" 10am-noon \$25 Drop-in OPEN TO ALL |
| January 6 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Pressure</i> 8:00-9:00 Systemaa "Footlocks" | January 7 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Ground Running</i> 8:00-9:00 MKJ <i>Standing Lock Flow</i> | January 9 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Takedowns</i> 8:00-9:00 MKJ <i>Breathwork</i> | February 11 9:00am-9:45am Junior MKJ "Maximizing Mount" 10am-noon \$25 Drop-in OPEN TO ALL |
| January 13 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>The Underhook</i> 8:00-9:00 Systema "Working Against the Wall" | January 14 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Leg Takedowns</i> 8:00-9:00 MKJ <i>Ground-n-Pound</i> | January 16 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Arm Locks</i> 8:00-9:00 MKJ <i>Striking</i> | January 18 9:00am-9:45am Junior MKJ "Ground Chokes" 10am-noon \$25 Drop-in OPEN TO ALL |
| January 20 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Ground Lock Flow</i> 8:00-9:00 Systemaa Takedown Defense | January 21 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Feral Attacks</i> 8:00-9:00 MKJ <i>Short Arm Scissors</i> | January 23 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Defense vs. Top Position</i> 8:00-9:00 MKJ <i>Recovering Fr Ground</i> | January 25 9:00am-9:45am Junior MKJ "Limb Destruction" 10am-noon \$25 Drop-in OPEN TO ALL |
| January 27 6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Head Pressure</i> 8:00-9:00 Systemaa "Spiking" | January 28 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Ground Running</i> 8:00-9:00 MKJ <i>Standing Lock Flow</i> | January 30 5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Pressure Points</i> 8:00-9:00 MKJ <i>Jo</i> | February 1 9:00am-9:45am Junior MKJ "Kesa Gatame" 10am-noon \$25 Drop-in OPEN TO ALL |

“The unfed mind devours itself.”

– Gore Vidal –