

# JANUARY 2019

FUNDAMENTALS	ACCELERATED	WOMEN ONLY	ACCELERATED	WOMEN ONLY	FUNDAMENTALS	WOMEN ONLY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
December 31	January 1	January 2	January 3	January 4	January 5	January 6
<b>CLOSED FOR THE HOLIDAYS</b>	<b>CLOSED FOR THE HOLIDAYS</b>	6:00-7:15pm Women THRIVE Self-Defense 7:15-8:15 Fitness Focus Flo s	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Arm Control</i> 8:00-9:00 MKJ <i>Handcuffing</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Small Joint Locks" 10am-noon \$30 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
January 7	January 8	January 9	January 10	January 11	January 12	January 13
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Caging</i> 8:00-9:00 Systema <i>Spiking</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Precision Striking</i> 8:00-9:00 MKJ <i>Finger Locks</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>Wrist Compressions</i> 8:00-9:00 MKJ <i>Timing in Striking</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Entering" 10am-noon \$25 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
January 14	January 15	January 16	January 17	January 18	January 19	January 20
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Underhook and Pike</i> 8:00-9:00 Systema <i>The Arm Drag</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Cross Mount Defense</i> 8:00-9:00 MKJ <i>Arm Lock Set 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>Ground Flow</i> 8:00-9:00 MKJ <i>Leg Locks</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Boxing Inside" 10am-1pm \$30 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
January 21	January 22	January 23	January 24	January 25	January 26	January 27
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Gun Defense</i> 8:00-9:00 Systema <i>Pocket Sticks</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Ground Mobility</i> 8:00-9:00 MKJ <i>Kicking</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>Working With Hands Tied</i> 8:00-9:00 MKJ <i>Hojo Jitsu Binding Technique</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Clinch Fighting" 10am-1pm \$30 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
January 28	January 29	January 30	January 31	February 1	February 2	February 3
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Fight Enders</i> 8:00-9:00 Systema <i>Takedowns</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Twisted Lead</i> 8:00-9:00 MKJ <i>Footwork</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>Figure 8 Work</i> 8:00-9:00 MKJ <i>Splashing Hands</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Escape From Holds" 10am-1pm \$30 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo

*"Plan for the difficult while it is still easy. Do difficult things while they are still easy."*

— Sun Tzu —