

# NOVEMBER 2018

FUNDAMENTALS	ACCELERATED	WOMEN ONLY	ACCELERATED	WOMEN ONLY	FUNDAMENTALS	WOMEN ONLY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>October 29</b>	<b>October 30</b>	<b>October 31</b>	<b>November 1</b>	<b>November 2</b>	<b>November 3</b>	<b>November 4</b>
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>The Quarter Nelson</i> 8:00-9:00 Systema <i>The Whipping Strike</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Footwork</i> 8:00-9:00 MKJ <i>The Stockade</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>Chokes</i> 8:00-9:00 MKJ <i>The Chest Lock</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Takedowns" 10am-1pm \$30 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
<b>November 5</b>	<b>November 6</b>	<b>November 7</b>	<b>November 8</b>	<b>November 9</b>	<b>November 10</b>	<b>November 11</b>
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Guard Passes</i> 8:00-9:00 Systema <i>Knife Defense</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Slavic Fist Work</i> 8:00-9:00 MKJ <i>Arm Lock Set 2</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>Elbows</i> 8:00-9:00 MKJ <i>North South Mount</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ Reverse Kesa Gatame 10am-noon \$25 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
<b>November 12</b>	<b>November 13</b>	<b>November 14</b>	<b>November 15</b>	<b>November 16</b>	<b>November 17</b>	<b>November 18</b>
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>The Thrust Kick</i> 8:00-9:00 Systema <i>Breathwork</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Structure</i> 8:00-9:00 MKJ <i>Maximizing the Mount</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>Flexible Weapons</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Striking" 10am-noon \$25 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
<b>November 19</b>	<b>November 20</b>	<b>November 21</b>	<b>November 22</b>	<b>November 23</b>	<b>November 24</b>	<b>November 25</b>
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>The Hip Throw</i> 8:00-9:00 Systema <i>Clinching Tree</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Head Movement</i> 8:00-9:00 MKJ <i>Standing Arm 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>Framing</i> 8:00-9:00 MKJ <i>Sweeps</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Kick Defense" 10am-2pm \$40 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo
<b>November 26</b>	<b>November 27</b>	<b>November 28</b>	<b>November 29</b>	<b>November 30</b>	<b>December 1</b>	<b>December 2</b>
6:30-7:00pm Conditioning 7:00-8:00 MKJ <i>Shielding</i> 8:00-9:00 Systema <i>Working With The Legs</i>	5:00PM-5:45PM Junior MKJ 6:30-7:00 OPEN MATS 7:00-8:00pm Systema <i>Multiple Attackers</i> 8:00-9:00 MKJ <i>Dirty Boxing</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>Short Work</i> 8:00-9:00 MKJ <i>Chokes</i>	Dedicated to Women RISE Activities	9:00am-9:45am Junior MKJ "Intervention" 10am-noon \$25 Drop-in OPEN TO ALL	2:00-3:15pm Women THRIVE Self-Defense 3:15-4:15 Fitness Focus Flo

"When you think of the noises of everyday life, you realize how particularly desirable silence is."

— Vincent Price —