


# SEPTEMBER 2020



<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b><u>Class Reminders:</u></b></p>	<p>Aug. 31<sup>st</sup> MMA Challenge</p>	<p>1 MMA Challenge</p>	<p>2 Floor Kicks Wall Stretch Belt Level Kicking Requirements</p>	<p>3 Floor Kicks Wall Stretch Belt Level Kicking Requirements</p>	<p>4 <b>Sparring</b> 5:30 Ages 5,6 &amp;7 6:00 Ages 8 &amp; Up</p>	<p>5</p>
<p>6 Be sure you are <u>CLEANING</u> your equipment</p>	<p>7 <b>NKIMMA is closed for Labor Day</b></p>	<p>8 Kickboxing Drills + Focus Mitts Sparring</p>	<p>9 MMA Circuit Combos</p>	<p>10 MMA Circuit Combos</p>	<p>11  <b>Sparring</b> 5:30 Ages 5,6 &amp;7 6:00 Ages 8 &amp; Up</p>	<p>12</p>
<p>13 <b>Always bring your pads to class if you have them!</b></p>	<p>14 Clinch + Sweeps + Takedowns -Wall Kicks</p>	<p>15 Clinch + Sweeps + Takedowns -Wall Kicks</p>	<p>16 Warm up Shadow Boxing Grappling Skills</p>	<p>17 Warm up Shadow Boxing Grappling Skills</p>	<p>18 <b>Sparring</b> 5:30 Ages 5,6 &amp;7 6:00 Ages 8 &amp; Up</p>	<p>19</p>
<p>20 <b>Bring a reusable water bottle to class to stay hydrated!</b></p>	<p>21 Combatives + Blocks + Combos</p>	<p>22 Combatives + Blocks + Combos</p>	<p>23 Advanced Kicks + Fitness Rings + Cones</p>	<p>24 Advanced Kicks + Fitness Rings+ Cones</p>	<p>25 <b>Sparring</b> 5:30 Ages 5,6 &amp;7 6:00 Ages 8 &amp; Up</p>	<p>26</p>
<p>27 Bring your <u>MASK</u> to class if you have one</p>	<p>28 Stripe Test</p>	<p>29 Stripe Test</p>	<p>30 <b>Belt Graduation</b> 5:30 Ages 4,5,6 &amp; 7 6:15 Ages 8 &amp; Up</p>			