



May 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Class Reminders:	3 Kick Day	4 Kick Day	5 Belt Graduation Evening & After School (4:30pm)	6 Belt Graduation Evening & After School (4:30pm)	7 All Sparring + Grappling 5:30pm 5,6,7 6:00 & Up	8
9 Bring a <u>reusable</u> water bottle to class to stay hydrated!	10 Boxing	11 Boxing Evening Belt Graduation	12 MMA Fitness	13 MMA Fitness	14 All Sparring + Grappling 5:30pm 5,6,7 6:00 & Up	15
16 Be sure you are CLEANING your equipment	17 Mitt Work	18 Mitt Work	19 Grappling Drills	20 Grappling Drills	21 No Sparring	22
23 Always bring your pads to class if you have them!	24 Fun + Fitness	25 Fun + Fitness	26 Stripe Promotion	27 Stripe Promotion	28 No Sparring	29
30	31 NKMMA Closed for Memorial Day					