



# November 2021



<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>1 Kicks + Strikes Evening Belt Graduation</p>	<p>2 Kicks + Strikes Evening Belt Graduation</p>	<p>3 Grappling + Takedowns</p>	<p>4 Grappling + Takedowns</p>	<p>5 5:30 Kickboxing Sparring 6:00 kickboxing BJJ</p>	<p>6</p>
<p>7 Always bring your gear to class</p>	<p>8 Combos + Mitt work</p>	<p>9 Combos + Mitt work</p>	<p>10 BJJ + Takedowns</p>	<p>11 BJJ + Takedowns</p>	<p>12 5:30 Kickboxing Sparring 6:00 kickboxing BJJ</p>	<p>13</p>
<p>14 20% off Sale ends December 3<sup>rd</sup></p>	<p>15 Sparring + Mitt work</p>	<p>16 Sparring + Mitt Work</p>	<p>17 Sweeps + Ground Transitions</p>	<p>18 Sweeps + Ground Transitions</p>	<p>19 5:30 Kickboxing Sparring 6:00 kickboxing BJJ</p>	<p>20</p>
<p>21 15 % off Sale ends December 17<sup>th</sup></p>	<p>22 Boxing + Cone drills</p>	<p>23 Boxing + Cone drills</p>	<p>24 Sparring + Grappling</p>	<p>25 NKMMA Closed Happy Thanksgiving!</p>	<p>26 NKMMA Closed</p>	<p>27</p>
<p>28 Be sure to clean your equipment after each use!</p>	<p>29 Stripe Test</p>	<p>30 Stripe Test</p>	<p>Dec. 1 Belt Promotions</p>	<p>Dec. 2 Belt Promotions</p>	<p>Dec 3 5:30 Kickboxing Sparring 6:00 kickboxing BJJ</p>	