



# August 2022



<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
July 31 <b>Class Reminders:</b>	1 Paddle Kicks + Mitt Work	2 Paddle Kicks + Mitt Work	3 Heavy bag + Combos, clinch, sweeps	4 Heavy bag + Combos, clinch, sweeps	5 All Sparring + Grappling 5:30pm 5,6,7 6:00 8 & Up 6:45 Grappling	6
7 Bring a reusable water bottle to class to stay hydrated!	8 Blocks and counters + Footwork agility	9 Blocks and counters + Footwork agility	10 Takedowns Kicks + Self defense Shadow boxing <b>Summer Camp Belt Graduation 3pm – 4 pm</b>	11 Takedowns Kicks + Self defense Shadow boxing	12 Summer camp Cookout	13
14 Be sure you are <b>CLEANING</b> your equipment	15 Sparring + Drills	Sparring + Drills	17 Ground positions and technique + Combatives and self defense	18 Ground positions and technique + Combatives and Self Defense	19 All Sparring + Grappling 5:30pm 5,6,7 6:00 8 & Up 6:45 Grappling	20
21 Always bring your pads to class if you have them!	22 Fitness + Coach's choice	23 Fitness + Coach's choice	24 Mitt work + Combatives and self defense	25 Mitt work + Combatives and self defense	26 <b>No Sparring</b> <b>Back to School Fun Night!</b> 6:30-9:30pm \$25 per child	27
28	29 Grappling skills + Wall kicks <b>Stripe Test</b>	30 Grappling skills + Wall kicks <b>Stripe Test</b>	31 <b>*Evening belt graduation</b>	Sep. 1 <b>*Evening belt graduation</b>	Sep 2 All Sparring + Grappling 5:30pm 5,6,7 6:00 8 & Up 6:45 Grappling	

