



MARCH 2*23



<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Feb 26 <u>Don't Forget:</u>	Feb 27 Stripe Test Basics & Individual Techniques	Feb 28 Stripe Test Basics & Individual Techniques	1 Side Kick Perfection Day	2 Side Kick Perfection Day	3 Sparring 5:00 BJJ 6:00 Sparring	4
5 Always Bring your Pads to class if you have them!	6 Kicks + Strikes Combos Evening Belt Graduation	7 Kicks + Strikes Combos Evening Belt Graduation	8 Takedown Kicks + Guard Battle for Position	9 Takedown Kicks + Guard Battle for Position	10 Sparring 5:00 BJJ 6:00 Sparring	11
12 Be sure you are CLEANING your equipment after each use	13 Sparring + Team Fighting Grappling	14 Sparring + Team Fighting Grappling	15 Kickboxing Mount +Side control sweeps from bottom	16 Kickboxing Mount + Side Control sweeps	17 TMNT FUN NIGHT! 6:30-9:30pm \$30 cash \$35 card per child	18
19	20 Blocks + Counters Self Defense Combatives	21 Blocks + Counters Self Defense Combatives	22 Knees + Elbows Clinch Work	23 Knees + Elbows Clinch Work	24 Sparring 5:00 BJJ 6:00 Sparring	25
26	27 Coach's Choice MMA Fitness Stripe Test	28 Coach's Choice MMA Fitness Stripe Test	29 Fun & Fitness Training	30 Fun & Fitness Training	31 Sparring 5:00 BJJ 6:00 Sparring	30