



# May 2023



<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
April 30	1 Partner Kickboxing Drills Mitt Work	2 Partner Kickboxing Drills Mitt Work	3 Heavy Bag Warm Up Elbows + Knees	4 Heavy Bag Warm Up Elbows + Knees	5 5:00- SWAT Team Practice 6:00 All Ages Sparring	6 <b>HAPPY BIRTHDAY COACH RYDER!</b>
7 Be sure you are <b>CLEANING</b> your equipment	8 Stances Foot Work Def Movement + Blocks/ With Counters	9 Stances Foot Work Def Movement+ Blocks/ with Counters	10 Sparring + Big Gloves	11 Sparring + Big Gloves	12 6:00 All Ages Sparring	13
14	15 Stranger Danger BJJ + Wrestling for Self Defense	16 Stranger Danger BJJ + Wrestling for Self Defense	17 Student's Choice: Sparring or Strength Conditioning <b>Stripe Test</b>	18 Student's Choice: Sparring or Strength Conditioning <b>Stripe Test</b>	19 6:00 All Ages Sparring	20
21 Always bring your pads to class if you have them!	22 Punches + Boxing Technique Cone Drills <b>Evening Belt Graduation</b>	23 Punches + Boxing Technique Cone Drills <b>Evening Belt Graduation</b>	24 Kicking Details Flying Sidekick Contest	25 Kicking Details Flying Sidekick Contest	26 <b>Water Fun Night</b> <b>6:30pm-9:30pm</b>	27
28	29 <b>NK MMA Closed</b> <b>Memorial Day</b>	30 Party + Fun Day	31 Party + Fun Day	June 1 Fun & Fitness	June 2 6:00pm All ages Sparring	June 3