

April **2026**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	April 1	April 2	April 3	4
<p>-----No Evening Classes-----</p> <p>Spring Break March 30th-April 3rd</p>						
5	6 Basics + Fun & Fitness	7 Basics + Fun & Fitness	8 Partner Combos Mirror Work Evening Belt Promotion	9 Partner Combos Mirror Work Evening Belt Promotion	10 Sparring 6:00	11
12 <u>Wash your gear after every class!</u>	13 Heavy Bag Wall Kicks on Chest Shield	14 Heavy Bag Wall Kicks on Chest Shield	15 Focus Mitts Cone Drills	16 Focus Mitts Cone Drills	17 Sparring 6:00	18
19	20 Sparring Drills	21 Sparring Drills	22 Take Downs Sweeps + Throws	23 Take Downs Sweeps + Throws	24	25 Customer Appreciation Picnic at Lily Grace Farms!
26	27 Kickboxing/ Sparring Fundamentals (Bring Pads)	28 Kickboxing/ Sparring Fundamentals (Bring Pads)	29 Stripe Test	30 Stripe Test	May 1	May 2

