

MONTH SEPTEMBER 2022

* Kids Times Have Changed!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			31 Noon → NO Gi open mat 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → ADULT NO GI	1 6am → Gi Noon → Open Rolling 6pm → muay Thai 7pm → Week 5 Beginner Class (6x)	2 Noon → NO Gi Class 5pm → Kids Kickboxing 6pm → All Kids (6x) 7pm → Adult Q+A (6x) Dave competes e IBJJF CAMP AT WHITE LOTUS	3 9:30am → Kids 4-6 10am → Kids Beginner (with parents) 11am → Week 8 Adult Beginner (Gi) 12pm → Open mat! <small>Gratification Instructors</small>
4 * No wrestling 12pm → Flow Rolling 1pm → Yoga/Stretch CAMP AT WHITE LOTUS	5 LABOR DAY OPEN MAT (no classes)	6 6am → NO Gi Noon → Open Rolling 4pm → Adult Gi 6pm → muay Thai 7pm → Women's Only Gi	7 Noon → NO Gi open mat 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → ADULT NO GI	8 6am → Gi Noon → Open Rolling 6pm → muay Thai 7pm → Week 6 Beginner Class (6x)	9 Noon → NO Gi Class 5pm → Kids Kickboxing 6pm → All Kids (NO GI) 7pm → ADULT Q+A (NO GI)	10 9:30am → Kids 4-6 10am → Kids Beginner (with parents) 11am → Week 9 Adult Beginner (Gi) 12pm → open mat!
11 12-2pm - Women's open mat e fit Power 11am → Wrestling 12pm → Flow Rolling 1pm → Yoga/Stretch	12 6am → Gi Noon → Gi Class 5:10pm → Kids (beginner) 6pm → Kids (Intermediate) 7pm → Adult Gi	13 6am → NO Gi Noon → Open Rolling 4pm → Adult Gi 6pm → muay Thai 7pm → Women's Only Gi	14 Noon → NO GI open mat 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → ADULT NO GI	15 6am → Gi Noon → Open Rolling 6pm → muay Thai 7pm → Week 7 Beginner class (6x)	16 Noon → NO Gi Class 5pm → Kids Kickboxing 6pm → All Kids (6x) 7pm → ADULT Q+A (6x)	17 9:30am → Kids 4-6 10am → Kids Beginner (with parents) 11am → Week 10 Beginner Adult (Gi) Noon-2pm: Seminar w/ Kristen DeBruycker
18 11am → Wrestling 12pm → Flow Rolling 1pm → Yoga/Stretch	19 6am → Gi Noon → Gi Class 5:10pm → Kids (beginner) 6pm → Kids (Intermediate) BELT CEREMONY @ 7pm!!	20 6am → NO Gi Noon → Open Rolling 4pm → Adult Gi 6pm → muay Thai 7pm → Women's Only Gi	21 Noon → NO GI open mat 5:10pm → Kids (beginner) 6pm → Kids (Intermediate) 7pm → ADULT NO GI	22 6am → Gi Noon → Open Rolling 6pm → muay Thai 7pm → Week 8 Beginner class (6x)	23 Noon → NO Gi Class 5pm → Kids Kickboxing 6pm → All Kids (NO GI) 7pm → ADULT MMA Bells (NO GI)	24 9:30am → Kids 4-6 10am → Kids Beginner (with parents) 11am → Week 11 Adult Beginner (Gi) 12pm → Open mat!
25 11am → Wrestling 12pm → Flow Rolling 1pm → Yoga/Stretch	26 6am → Gi Noon → Gi Class 5:10pm → Kids (beginner) 6pm → Kids (Intermediate) 7pm → ADULT Gi	27 6am → NO Gi Noon → Open Rolling 4pm → Adult Gi 6pm → muay Thai 7pm → Women's Only Gi	28 Noon → NO GI open mat 5:10pm → Kids (beginner) 6pm → Kids (Intermediate) 7pm → ADULT NO GI	29 6am → Gi Noon → Open Rolling 6pm → muay Thai 7pm → Week 9 Beginner class (6x)	30 Noon → Gi at Neutral Ground 5pm → Kids Kickboxing 6pm → All Kids (no gi) 7pm → ADULT Q+A (Gi)	1 9:30am → Kids 4-6 10am → Kids Beginner (with parents) 11am → Week 12 Adult Beginner (Gi) = OPEN MAT! FLUID SHOOTING OUTDOOR