

# MONTH: January 2023

Kids classes - with Parents!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Flow Rolling TBD	2 Noon → Gi 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → Adult Gi	3 6am → No Gi 6pm → Muay Thai 7pm → Women's Only Gi	4 Noon → NO Gi Open mat 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → Adult NO GI	5 6am → Gi 6pm → Adult Kickboxing 7pm → Week 10 Beginner Gi Class	6 Noon → NO Gi 5pm → Kids Kickboxing 6pm → Kids Competition 7pm → GI Adult Competition	7 9:30am → Kids (4-6) 10am → Kids Beginner (All) 11am → Beginner Gi Class week 1 Noon → Open mat
8 Flow Rolling TBD Women's Only Open mat e Rura Vida 12-2	9 Noon → Gi 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → Adult Gi	10 6am → No Gi 6:15pm → Women's Only Gi 7:15pm → "The Lab" Advanced	11 Noon → No Gi Open mat 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → Adult NO GI	12 6am → Gi 6pm → Adult Kickboxing 7pm → Week 11 Beginner Gi Class	13 Noon → NO Gi 5pm → Kids Kickboxing 6pm → Kids Competition 7pm → NO GI Adult Competition	14 9:30am → Kids (4-6) 10am → Kids Beginner (All) 11am → Beginner Gi Class week 2 Noon → Open mat Grappling Industries Chi. Master Seminar by Seminar
15 Flow Rolling TBD	16 Noon → Gi 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → <u>BELT CEREMONY</u>	17 6am → No Gi 6:15pm → Women's Only Gi 7:15pm → "The Lab" Advanced	18 Noon → NO Gi Open mat 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → Adult NO GI	19 6am → Gi 6pm → Adult Kickboxing 7pm → Week 12 Beginner Gi OPEN MAT!	20 Noon → NO Gi 5pm → Kids Kickboxing 6pm → Kids Competition 7pm → GI Adult Competition	21 9:30am → Kids (4-6) 10am → Kids Beginner (All) 11am → Beginner Gi Class week 3 Noon → Open mat 2pm → Self Defense Seminar
22 Flow Rolling TBD	23 Noon → Gi 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → Adult Gi Jeff Curran e Open Guard	24 6am → NO Gi 6:15pm → Women's Only Gi 7:15pm → "The Lab" Advanced	25 Noon → NO Gi Open mat 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → Adult NO GI	26 6am → Gi 6pm → Adult Kickboxing 7pm → Week 1 Beginner Gi Class	27 Noon → Gi e Neutral Grand-E Side 5pm → Kids Kickboxing 6pm → Kids Competition 7pm → NO GI Adult Competition	28 9:30am → Kids (4-6) 10am → Kids Beginner (All) 11am → Beginner Gi Class week 4 Noon → Open mat Peoria Seminar Day 1
29 Flow Rolling TBD Peoria Seminar Day 2	30 Noon → Gi 5:10pm → Kids (Beginner) 6pm → Kids (Intermediate) 7pm → Adult Gi	31 6am → NO Gi 6:15pm → Women's Only Gi 7:15pm → "The Lab" Advanced		29 6am → Gi 6pm → Adult Kickboxing 7pm → Week 9 Beginner Gi Class	30 Noon → GI e N Grand 5pm → Kids Kickboxing 6pm → All Kids NO Gi 6pm → Adult Competition 7pm → Adult Q+A NO Gi	31 NYE Open Mat 10am-12pm