



November 2023



SUN	MON	TUE	WED	THU	FRI	SAT
		31 <u>AM</u> - NoGi Class <u>12 PM</u> - Gi Class <u>6 PM</u> - Gi <i>7 PM - Women's Gi</i>	1 <u>9 AM</u> - Gi Class <u>12 PM</u> - NOGi Rolling <u>7 PM</u> - NO Gi	2 <u>6 AM</u> - Gi Class <u>12 PM</u> - Gi Class <u>6 PM</u> - Kickboxing <u>7 PM</u> - Beginner Week 8	3 <u>12 PM</u> - NOGi Class <u>5-9 PM</u> - Parent's Night Out	4 <u>8 AM</u> - Striking <u>11 AM</u> - Beginner Week 5 <u>12 PM</u> - Open Mat
5 <u>9 AM</u> - Self Defense <u>12 PM</u> - Sunday Funday Gi	6 <u>12 PM</u> - Gi Class 6:50 PM - Team Picture <u>7 PM</u> - Belt Ceremony (Harrison, Michael, Trevor)	7 <u>6 AM</u> - NoGi Class <u>12 PM</u> - Gi Class <u>6 PM</u> - Gi <i>7 PM - Women's Gi</i>	8 <u>9 AM</u> - Gi Class <u>12 PM</u> - NOGi Rolling <u>7 PM</u> - NO Gi	9 <u>6 AM</u> - Gi Class <u>12 PM</u> - Gi Class <u>6 PM</u> - Kickboxing <u>7 PM</u> - Beginner Week 9	10 <u>12 PM</u> - NOGi Class <u>6 PM</u> - Kids/ Adults (GI)	11 <u>8 AM</u> - Striking <u>11 AM</u> - Beginner Week 6 <u>12 PM</u> - Open Mat Submission Only Tournament
12 <u>9 AM</u> - Self Defense <u>12 PM</u> - Sunday Funday Gi <i>12-2 PM - Women's Open Mat at Roufusport</i>	13 <u>12 PM</u> - Gi Class <u>7 PM</u> - Gi	14 <u>6 AM</u> - NoGi Class <u>12 PM</u> - Gi Class <u>6 PM</u> - Gi <i>7 PM - Women's Gi</i>	15 <u>9 AM</u> - Gi Class <u>12 PM</u> - NOGi Rolling <u>7 PM</u> - NO Gi	16 <u>6 AM</u> - Gi Class <u>12 PM</u> - Gi Class <u>6 PM</u> - Kickboxing <u>7 PM</u> - Beginner Week 10	17 <u>12 PM</u> - NOGi Class <u>6 PM</u> - Kids/ Adults (NOGI)	18 <u>8 AM</u> - Striking <u>11 AM</u> - Beginner Week 7 <u>12 PM</u> - Open Mat
18 <u>9 AM</u> - Self Defense <u>12 PM</u> - Sunday Funday Gi	19 <u>12 PM</u> - Gi Class <u>7 PM</u> - Gi	20 <u>6 AM</u> - NoGi Class <u>12 PM</u> - Gi Class <u>6 PM</u> - Gi <i>7 PM - Women's Gi</i>	21 <u>9 AM</u> - Gi Class <u>12 PM</u> - NOGi Rolling <u>7 PM</u> - NO Gi	22 Thanksgiving No Classes	23 <u>10 AM</u> - Open Mat No Night Classes	24 <u>8 AM</u> - Striking <u>11 AM</u> - Beginner Week 8 <u>12 PM</u> - Open Mat
25 <u>9 AM</u> - Self Defense <u>12 PM</u> - Sunday Funday Gi	26 <u>12 PM</u> - Gi Class <u>7 PM</u> - Gi	27 <u>AM</u> - NoGi Class <u>12 PM</u> - Gi Class <u>6 PM</u> - Gi <i>7 PM - Women's Gi</i>	28 <u>9 AM</u> - Gi Class <u>12 PM</u> - NOGi Rolling <u>7 PM</u> - NO Gi	29 <u>6 AM</u> - Gi Class <u>12 PM</u> - Gi Class <u>6 PM</u> - Kickboxing <u>7 PM</u> - Beginner Week 11	30 <u>12 PM</u> - NOGi Class <u>6 PM</u> - Kids/ Adults (GI)	31 Dec 2nd - Grappling Industries WI Dells

*Couples
Game Night*

