

September 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|--|
| 1 <u>9am - Relaxed Karate</u> <u>10am - Workshop</u> | 2 CLOSED for Labor Day | 3 <u>5:15-6:15 Beginners</u> <u>6:15-7:30 TKD/TSD all levels</u> <u>7:30 Adult BJJ</u> <u>7:15 TKD/TSD Monroe Cty</u> | 4 <u>5:00 Little Dragons</u> <u>5:45-6:30 Cardio (no charge)</u> <u>6:30 Workshop (Self Def.)/Beginners</u> <u>7:15-8:15 All Levels</u> | 5 <u>5-5:45 Little Dragons</u> <u>5:45-6:30 Beginners</u> <u>6:30-7:30 Weapons – Orange belt & up</u> | 6 <u>5:30 Yoga with Yurika</u> \$7 to participate – Ages 7+ | 7 <u>8am Striking/Cardio</u> <u>8:45 Adult BJJ</u> <u>9am Kids BJJ</u> <u>10-11am All Levels</u> <u>11:30AM Little Dragons</u> |
| 8 <u>9am - Relaxed Karate</u> <u>10am - Workshop</u> | 9 <u>5-5:45 Little Dragons/ Kids BJJ</u> <u>5:45-6:30 Kickboxing</u> <u>6:30-7:30 Sparring</u> <u>7:30 Adult BJJ</u> | 10 <u>5:15-6:15 Beginners</u> <u>6:15-7:30 TKD/TSD all levels</u> <u>7:30 Adult BJJ</u> <u>7:15 TKD/TSD Monroe Cty</u> | 11 <u>5:00 Little Dragons</u> <u>5:45-6:30 Kickboxing</u> <u>6:30 Workshop (Forms)/Beginners</u> <u>7:15-8:15 All Levels</u> | 12 <u>5-5:45 Little Dragons</u> <u>5:45-6:30 Beginners</u> <u>6:30-7:15 TKD/TSD all levels</u> <u>7:15-7:30 Forms</u> | 13 | 14 <u>8am Striking/Cardio</u> <u>8:45 Adult BJJ</u> <u>9am Kids BJJ</u> <u>10-11am All Levels</u> <u>11:30AM Little Dragons</u> |
| 15 <u>9am - Relaxed Karate</u> <u>10am - Workshop</u> | 16 <u>5-5:45 Little Dragons / Kids BJJ</u> <u>5:45-6:30 Kickboxing</u> <u>6:30-7:30 All Levels</u> <u>7:30 Adult BJJ</u> | 17 <u>5:15-6:15 Beginners</u> <u>6:15-7:30 TKD/TSD all levels</u> <u>7:30 Adult BJJ</u> <u>7:15 TKD/TSD Monroe Cty</u> | 18 <u>5:00 Little Dragons</u> <u>5:45-6:30 Kickboxing</u> <u>6:30 Workshop (One Steps)/Beginners</u> <u>7:15-8:15 All Levels</u> | 19 <u>5-5:45 Little Dragons</u> <u>5:45-6:30 Beginners</u> <u>6:30-7:15 TKD/TSD all levels</u> <u>7:15-7:30 Forms</u> | 20 <u>5:30-7:30 Yoga with Yurika - Workshop</u> \$15 to participate – Ages 7+ | 21 <u>8am Striking/Cardio</u> <u>8:45 Adult BJJ</u> <u>9am Kids BJJ</u> <u>10-11am All Levels</u> <u>11:30AM Little Dragons</u> |
| 22 <u>9am - Relaxed Karate</u> <u>10am - Workshop</u> | 23 <u>5-5:45 Little Dragons / Kids BJJ</u> <u>5:45-6:30 Kickboxing</u> <u>6:30-7:30 All Levels</u> <u>7:30 Adult BJJ</u> | 24 <u>5:15-6:15 Beginners</u> <u>6:15-7:30 TKD/TSD all levels</u> <u>7:30 Adult BJJ</u> <u>7:15 TKD/TSD Monroe Cty</u> | 25 <u>5:00 Little Dragons</u> <u>5:45-6:30 Kickboxing</u> <u>6:30 Workshop (Self Def.)/Beginners</u> <u>7:15-8:15 Sparring</u> | 26 FORMS NIGHT <u>5-5:45 Little Dragons</u> <u>5:45-6:30 Beginners</u> <u>6:30-7:15 Intermediate</u> <u>7:15-8 Advanced</u> | 27 | 28 <u>8am Striking/Cardio</u> <u>8:45 Adult BJJ</u> <u>9am Kids BJJ</u> <u>9:30-11:30 - Yoga Workshop 7+ - \$15</u> <u>11:30AM Little Dragons</u> |
| 29 <u>9am - Relaxed Karate</u> <u>10am - Workshop</u> | 30 <u>5-5:45 Little Dragons/ Kids BJJ</u> <u>5:45-6:30 Cardio (no charge)</u> <u>6:30-7:30 All Levels</u> <u>7:30 Adult BJJ</u> | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | Notes No Kickboxing on Sept. 4, Sept. 30 and October 2nd. Join us for an added cardio workout! Open to all students- no charge. Yurika will be teaching Yoga Workshops on September 20th and 28th. The cost to attend is \$15 and she will be focusing on opening hips and body balance. Please bring a yoga mat, blocks and strap, if you have! Limited supplies available at the school. | | | | |