

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
Summer self-defense clinics are August 6th through 9th. Only a few spots remain available!				5:00-5:45 <u>Little Dragons</u> . M. Paul 5:45-6:45 <u>Beginners</u> M. Paul 6:45-7:45 <u>Weapons – Orange belt or higher</u> GM Kevin, M. Paul, GM Lee		8am Striking/Cardio 8:45 <u>Adult BJJ</u> M. Ron 9am <u>Kids BJJ</u> M. Ron 10-11am <u>All Levels</u> M. Steve w/ various instructors 11:30AM <u>Little Dragons</u> Inst Gary, M. Steve, Inst. Rose
4	5	6	7	8	9	10
9am - <u>Relaxed Karate</u> GM Kevin, Master Paul 10am - <u>Workshop</u> Master Paul	5-5:45 <u>Little Dragons</u> - M. Paul, Inst Rose 5-5:45 <u>Kids BJJ</u> M. Ron 5:45-6:30 <u>Kickboxing</u> M. Rod 6:30-7:30 <u>All Levels</u> – GM Marty, M. Ron, M. Rod 7:30 <u>Adult BJJ</u> M. Ron	5:15-6:15 <u>Beginners</u> M. Rich, M. Paul 6:15-7:30 <u>TKD/TSD all levels</u> GM Kevin, GM Lee 7:30 <u>Adult BJJ</u> M. Ron 7:15 <u>TKD/TSD Monroe Cty</u> M. Paul, Inst.Chris L	5:00 <u>Little Dragons</u> . M. Paul, Inst. Rose 5:45-6:30 <u>Kickboxing</u> M. Rod 6:30 <u>Workshop (One Steps)</u> 6:30 <u>Beginners</u> 7:15-8:30 <u>All Levels</u> GM Marty, M. Ron, M. Rod	5:00-5:45 <u>Little Dragons</u> . M. Paul 5:45-6:45 <u>Beginners</u> M. Paul 6:45-7:45 <u>TKD/TSD all levels</u> GM Kevin, GM Gross, Master Paul, GM Lee	5:30 <u>Yoga with Yurika</u> \$7 to participate – Ages 7+	8am Striking/Cardio 8:45 <u>Adult BJJ</u> M. Ron 9am <u>Kids BJJ</u> M. Ron 10-11am <u>All Levels</u> M. Steve w/ various instructors 11:30AM <u>Little Dragons</u> Inst Gary, M. Steve, Inst. Rose
11	12	13	14	15	16	17
9am - <u>Relaxed Karate</u> GM Kevin, Master Paul 10am - <u>Workshop</u> Master Paul	5-5:45 <u>Little Dragons</u> - M. Paul, Inst Rose 5-5:45 <u>Kids BJJ</u> M. Ron 5:45-6:30 <u>Kickboxing</u> M. Rod 6:30-7:30 <u>Sparring</u> – GM Marty, M. Ron, M. Rod 7:30 <u>Adult BJJ</u> M. Ron	5:15-6:15 <u>Beginners</u> M. Rich, M. Paul 6:15-7:30 <u>TKD/TSD all levels</u> GM Kevin, GM Lee 7:30 <u>Adult BJJ</u> M. Ron 7:15 <u>TKD/TSD Monroe Cty</u> M. Paul, Inst.Chris L	5:00 <u>Little Dragons</u> . M. Paul, Inst. Rose 5:45-6:30 <u>Kickboxing</u> M. Rod 6:30 <u>Workshop (Self Def.)</u> 6:30 <u>Beginners</u> 7:15-8:30 <u>All Levels</u> GM Marty, M. Ron, M. Rod	5:00-5:45 <u>Little Dragons</u> . M. Paul 5:45-6:45 <u>Beginners</u> M. Paul 6:45-7:45 <u>TKD/TSD all levels</u> GM Kevin, GM Gross, Master Paul, GM Lee		8am Striking/Cardio 8:45 <u>Adult BJJ</u> M. Ron 9am <u>Kids BJJ</u> M. Ron 10-11am <u>All Levels</u> M. Steve w/ various instructors 11:30AM <u>Little Dragons</u> Inst Gary, M. Steve, Inst. Rose
18	19	20	21	22	23	24
9am - <u>Relaxed Karate</u> GM Kevin, Master Paul 10am - <u>Workshop</u> Master Paul	5-5:45 <u>Little Dragons</u> - M. Paul, Inst Rose 5-5:45 <u>Kids BJJ</u> M. Ron 5:45-6:30 <u>Kickboxing</u> M. Rod 6:30-7:30 <u>All Levels</u> – GM Marty, M. Ron, M. Rod 7:30 <u>Adult BJJ</u> M. Ron	5:15-6:15 <u>Beginners</u> M. Rich, M. Paul 6:15-7:30 <u>TKD/TSD all levels</u> GM Kevin, GM Lee 7:30 <u>Adult BJJ</u> M. Ron 7:15 <u>TKD/TSD Monroe Cty</u> M. Paul, Inst.Chris L	5:00 <u>Little Dragons</u> . M. Paul, Inst. Rose 5:45-6:30 <u>Kickboxing</u> M. Rod 6:30 <u>Workshop (Forms)</u> 6:30 <u>Beginners</u> 7:15-8:30 <u>All Levels</u> GM Marty, M. Ron, M. Rod	<u>CLOSED</u> Grandmaster Kevin's band playing at Penn's Peak 6:30pm to 9pm No Cover Charge All ages welcome	5:30 <u>Yoga with Yurika</u> \$7 to participate – Ages 7+	8am Striking/Cardio 8:45 <u>Adult BJJ</u> M. Ron 9am <u>Kids BJJ</u> M. Ron 10-11am <u>All Levels</u> M. Steve w/ various instructors 11:30AM <u>Little Dragons</u> Inst Gary, M. Steve, Inst. Rose
25	26	27	28	29	30	31
9am - <u>Relaxed Karate</u> GM Kevin, Master Paul 10am - <u>Workshop</u> Master Paul	5-5:45 <u>Little Dragons</u> - M. Paul, Inst Rose 5-5:45 <u>Kids BJJ</u> M. Ron 5:45-6:30 <u>Kickboxing</u> M. Rod 6:30-7:30 <u>All Levels</u> – GM Marty, M. Ron, M. Rod 7:30 <u>Adult BJJ</u> M. Ron	5:15-6:15 <u>Beginners</u> M. Rich, M. Paul 6:15-7:30 <u>TKD/TSD all levels</u> GM Kevin, GM Lee 7:30 <u>Adult BJJ</u> M. Ron 7:15 <u>TKD/TSD Monroe Cty</u> M. Paul, Inst.Chris L	5:00 <u>Little Dragons</u> . M. Paul, Inst. Rose 5:45-6:30 <u>Kickboxing</u> M. Rod 6:30 <u>Workshop (One Steps)</u> 6:30 <u>Beginners</u> 7:15-8:15 <u>Sparring</u> GM Marty, M. Ron, M. Rod	<u>FORMS NIGHT</u> 5:00-5:45 <u>Little Dragons Forms</u> . 5:45-6:45 <u>Beginner Forms</u> 6:45-7:45 <u>Intermediate Forms</u> 7:45-8:45 <u>Advance Forms</u>		8am Striking/Cardio 8:45 <u>Adult BJJ</u> M. Ron 9am <u>Kids BJJ</u> M. Ron 10-11am <u>All Levels</u> M. Steve w/ various instructors 11:30AM <u>Little Dragons</u> Inst Gary, M. Steve, Inst. Rose