



## MARCH

Monday	Tuesday	Wednesday	Thursday	Saturday
<b>3</b> 8pm BBS	<b>4</b> 8pm Combatives RD	<b>5</b> 8pm MC Fight Sim	<b>6</b> 8pm BBS	<b>8</b> 8am MC Fundamentals
<b>10</b> 8pm BBS	<b>11</b> 8pm Combatives RD	<b>12</b> 8pm MC Fight Sim	<b>13</b> 8pm BBS	<b>15</b> 8am MC Fundamentals
<b>17</b> CLOSED CONSTRUCTION	<b>18</b> 8pm Combatives RD	<b>19</b> 8pm BBS 1 - 29 MC Fight Sim	<b>20</b> 8pm BBS 1 - 30	<b>22</b> 8am MC Fundamentals
<b>23</b> 8pm Mount Focus Freestyle	<b>24</b> 8pm Combatives RD	<b>25</b> 8pm Mount Focus Fight Sim	<b>26</b> 8pm Mount Focus Freestyle	<b>28</b> 8am MC Fundamentals
<b>31</b> 8pm BBS 1 - 31				

## APRIL

Monday	Tuesday	Wednesday	Thursday	Saturday
	<b>1</b> 8pm Combatives RD	<b>2</b> 8pm BBS 1 - 32	<b>3</b> 8pm BBS 1 - 33	<b>5</b> 8am MC Fundamentals
<b>7</b> 8pm BBS 1 - 34	<b>8</b> 8pm Combatives RD	<b>9</b> 8pm BBS 1 - 35 MC Fight Sim	<b>10</b> 8pm BBS 1 - 36	<b>12</b> 8am MC Fundamentals
<b>14</b> 8pm BBS 1 - 37	<b>15</b> 8pm Combatives RD	<b>16</b> 8pm BBS 1 - 38 MC Fight Sim	<b>17</b> 8pm BBS 1 - 39	<b>19</b> 8am MC Fundamentals
<b>21</b> 8pm Side Mount Freestyle	<b>22</b> 8pm Combatives RD	<b>23</b> 8pm Side Mount MC Fight Sim	<b>24</b> 8pm Side Mount Freestyle	<b>26</b> 8am MC Fundamentals
<b>28</b> 8pm BBS 1 - 40				



[www.BowieJiuJitsu.com](http://www.BowieJiuJitsu.com) | 6820 Race Track Road, Bowie, MD 20715 | 301-835-2552 | @BowieJiuJitsu  
[www.GracieUniversity.com](http://www.GracieUniversity.com) | 2440 W Carson St. Torrance, CA 90501 | (310) 893-0400 | [info@gracieuniversity.com](mailto:info@gracieuniversity.com)

### Log-on & Learn Faster!

As a student at Bowie Jiu-Jitsu, you qualify for a free subscription to the online *Master Cycle* program through GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have any trouble accessing your lessons online, please speak to a Gracie University student services representative.

### Combatives Reflex Development (RD)

Come to RD on Tuesday evenings to help the next member to the finish line of their Combatives journey. You'll get credit on your MC card as well!