



July 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5:30 Black Belt Club	2 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	3 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	4 CLOSED FOR THE HOLIDAY	5 6:30 Black Belt Club	6 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
8 5:30 Black Belt Club	9 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	10 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	11	12 6:30 Black Belt Club	13 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
15 5:30 Black Belt Club	16 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	17 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	18	19 6:30 Black Belt Club	20 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
22 5:30 Black Belt Club	23 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	24 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	25	26 6:30 Black Belt Club	27 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
29 5:30 Black Belt Club	30 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	31 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	AUG 1	2 6:30 Black Belt Club	3 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)

Week of	Jr. Combatives Weekly Focus
July 1 – July 6	Rear Takedown w/ Headlock Counters
July 8 – July 13	Standing Armlock w/ Shrimp Escape from Side Mount
July 15 – July 22	Guillotine Defense w/ Take the Back
July 24 – July 27	Standing Headlock Defense w/ Armlocks from Mount
July 29 – August 3	Clinches w/ Trap and Rolls

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