



**November 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</p> <p><b>5:30 Black Belt Club</b></p>	<p>5</p> <p><b>5:30pm</b>  <b>Jr. Combatives (8-12)</b>  <b>6:30pm</b>  <b>Little Champs (5-7)</b></p>	<p>6</p> <p>4:15pm Mat Munchkins  4:45 pm Little Champs  5:30pm  <b>Jr. Combatives (8-12)</b></p>	<p>7</p>	<p>8</p> <p><b>6:30 Black Belt Club</b></p>	<p>9</p> <p><b>11:30 am</b>  <b>Jr. Combatives (8-12)</b>  <b>12:30 pm</b>  <b>Little Champs (5-7)</b></p>
<p>11</p> <p><b>5:30 Black Belt Club</b></p>	<p>12</p> <p><b>5:30pm</b>  <b>Jr. Combatives (8-12)</b>  <b>6:30pm</b>  <b>Little Champs (5-7)</b></p>	<p>13</p> <p>4:15pm Mat Munchkins  4:45 pm Little Champs  5:30pm  <b>Jr. Combatives (8-12)</b></p>	<p>14</p>	<p>15</p> <p><b>6:30 Black Belt Club</b></p>	<p>16</p> <p><b>11:30 am</b>  <b>Jr. Combatives (8-12)</b>  <b>12:30 pm</b>  <b>Little Champs (5-7)</b></p>
<p>18</p> <p><b>5:30 Black Belt Club</b></p>	<p>19</p> <p><b>5:30pm</b>  <b>Jr. Combatives (8-12)</b>  <b>6:30pm</b>  <b>Little Champs (5-7)</b></p>	<p>20</p> <p>4:15pm Mat Munchkins  4:45 pm Little Champs  5:30pm  <b>Jr. Combatives (8-12)</b></p>	<p>21</p>	<p>22</p> <p><b>6:30 Black Belt Club</b></p>	<p>23</p> <p><b>11:30 am</b>  <b>Jr. Combatives (8-12)</b>  <b>12:30 pm</b>  <b>Little Champs (5-7)</b></p>
<p>25</p> <p><b>5:30 Black Belt Club</b></p>	<p>26</p> <p><b>5:30pm</b>  <b>Jr. Combatives (8-12)</b>  <b>6:30pm</b>  <b>Little Champs (5-7)</b></p>	<p>27</p> <p>4:15pm Mat Munchkins  4:45 pm Little Champs  5:30pm  <b>Jr. Combatives (8-12)</b></p>	<p>28</p> <p><b>CLOSED FOR  THANKSGIVING</b></p>	<p>29</p> <p><b>6:30 Black Belt Club</b></p>	<p>30</p> <p><b>11:30 am</b>  <b>Jr. Combatives (8-12)</b>  <b>12:30 pm</b>  <b>Little Champs (5-7)</b></p>

Week of	Jr. Combatives Weekly Focus
November 4 - November 9	Body Fold w/Americana
November 11 – November 16	Double Leg Aggressive w/Side Mount Controls
November 18 – November 23	Pull Guard w/Kimura
November 25 – November 30	Double Leg Conservative CLOSED THURSDAY, NOVEMBER 28 <sup>th</sup> and FRIDAY, NOVEMBER 29 <sup>th</sup>

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