



**April 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 <b>5:30 Black Belt Club</b>	APRIL 1 <b>5:30pm</b> Jr. Combatives (8-12) <b>6:30pm</b> Little Champs (5-7)	2 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	3	4 <b>6:30 Black Belt Club</b>	5 <b>11:30 am</b> Jr. Combatives (8-12) <b>12:30 pm</b> Little Champs (5-7)
7 <b>5:30 Black Belt Club</b>	8 <b>5:30pm</b> Jr. Combatives (8-12) <b>6:30pm</b> Little Champs (5-7)	9 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	10	11 <b>6:30 Black Belt Club</b>	12 <b>11:30 am</b> Jr. Combatives (8-12) <b>12:30 pm</b> Little Champs (5-7)
14 <b>5:30 Black Belt Club</b>	15 <b>5:30pm</b> Jr. Combatives (8-12) <b>6:30pm</b> Little Champs (5-7)	16 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	17	18 <b>6:30 Black Belt Club</b>	19 <b>11:30 am</b> Jr. Combatives (8-12) <b>12:30 pm</b> Little Champs (5-7)
21 <b>5:30 Black Belt Club</b>	22 <b>5:30pm</b> Jr. Combatives (8-12) <b>6:30pm</b> Little Champs (5-7)	23 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	24	25 <b>6:30 Black Belt Club</b>	26 <b>11:30 am</b> Jr. Combatives (8-12) <b>12:30 pm</b> Little Champs (5-7)
28 <b>5:30 Black Belt Club</b>	29 <b>GRACIE GAME DAY!</b> <b>Option 1</b> <b>Health Chapter</b> <b>5:30pm-7:00pm</b>	30 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	MAY 1	2 <b>6:30 Black Belt Club</b>	3 <b>GRACIE GAME DAY!</b> <b>Option 2</b> <b>Health Chapter</b> <b>11:45am-1:15pm</b>

<b>Week of</b>	<b>Jr. Combatives Weekly Focus</b>
March 31 – April 5	Leghook w/ Mount Controls
April 7 – April 12	Body Fold w/Americana
April 14 – April 19	Double Leg Aggressive w/Side Mount Controls
April 21 – April 26	Pull Guard w/Kimura
April 28 – May 3	Double Leg Conservative

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