



June 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3  <b>5:30 Black Belt Club</b>	4 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	5 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm <b>Jr. Combatives (8-12)</b>	6	7  <b>6:30 Black Belt Club</b>	8 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>
10  <b>5:30 Black Belt Club</b>	11 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	12 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm <b>Jr. Combatives (8-12)</b>	13	14  <b>6:30 Black Belt Club</b>	15 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>
17  <b>5:30 Black Belt Club</b>	18 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	19 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm <b>Jr. Combatives (8-12)</b>	20	21  <b>6:30 Black Belt Club</b>	22 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>
24  <b>5:30 Black Belt Club</b>	25 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	26 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm <b>Jr. Combatives (8-12)</b>	27	28  <b>6:30 Black Belt Club</b>	29 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>

Week of	Jr. Combatives Weekly Focus
June 3 – June 8	Body Fold w/Americana
June 10 – June 15	Double Leg Aggressive w/ Side Mount Controls
June 17 – June 22	Pull Guard w/Kimura
June 24 – June 29	Double Leg Conservative <b>GAME DAY! Saturday, June 29<sup>th</sup> 11:45am-1:15pm</b>

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