



April 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>5:30 Black Belt Club</b>	2 <b>5:30pm</b> Jr. Combatives (8-12) <b>6:30pm</b> Little Champs (5-7)	3 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	4	5 <b>6:30 Black Belt Club</b>	6 <b>11:30 am</b> Jr. Combatives (8-12) <b>12:30 pm</b> Little Champs (5-7)
8 <b>5:30 Black Belt Club</b>	9 <b>5:30pm</b> Jr. Combatives (8-12) <b>6:30pm</b> Little Champs (5-7)	10 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	11	12 <b>6:30 Black Belt Club</b>	13 <b>11:30 am</b> Jr. Combatives (8-12) <b>12:30 pm</b> Little Champs (5-7)
15 <b>5:30 Black Belt Club</b>	16 <b>5:30pm</b> Jr. Combatives (8-12) <b>6:30pm</b> Little Champs (5-7)	17 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	18	19 <b>6:30 Black Belt Club</b>	20 <b>11:30 am</b> Jr. Combatives (8-12) <b>12:30 pm</b> Little Champs (5-7)
22 <b>5:30 Black Belt Club</b>	23 <b>5:30pm</b> Jr. Combatives (8-12) <b>6:30pm</b> Little Champs (5-7)	24 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	25	26 <b>6:30 Black Belt Club</b>	27 <b>11:30 am</b> Jr. Combatives (8-12) <b>12:30 pm</b> Little Champs (5-7)
29 <b>5:30 Black Belt Club</b>	30 <b>5:30pm</b> Jr. Combatives (8-12) <b>6:30pm</b> Little Champs (5-7)	MAY 1 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	2	3 <b>6:30 Black Belt Club</b>	4 <b>11:45am-1:15pm</b> <b>Gracie Game Day: Health!</b>

<b>Week of</b>	<b>Jr. Combatives Weekly Focus</b>
April 1 – April 6	Body Fold w/ Double Underhook Pass
April 8 – April 13	Haymaker w/Hook Sweep
April 15 – April 20	Double Leg Takedown w/ Double Ankle Sweep
April 22- April 27	Clinches w/ Elbow Escape from Side Mount
April 29 – May 4	Rear Takedown w/ Elevator Sweep

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