

## **MAY**

#### Monday Tuesday Wednesday **Thursday** Saturday 28 29 30 3 1 8pm ma8 8pm ma8 8am Combatives BBS 1 - 42 MC RD **Fundamentals** 5 6 7 8 10 8pm 8pm 8pm 8pm 8am **BBS 1 - 43** Combatives BBS 1 - 44 **BBS 1 - 45** MC RD MC Fight Sim **Fundamentals** 12 13 14 15 17 8pm 8pm 8pm 8pm 8am **BBS 1 - 46** Combatives BBS 1 - 47 **BBS 1 - 48** MC RD MC Fight Sim **Fundamentals** 19 20 21 22 24 8pm 8pm 8pm 8pm 8am **BBS 1 - 49 Combatives** BBS 1 - 50 **BBS 1 - 51 CLOSED MD** RD **WEEKEND** 27 26 28 29 31 8pm 8pm 8pm 8pm 8am **Guard Start Up Guard Start Up CLOSED** Combatives MC RD **Fundamentals MEMORIAL Fight Sim** Freestyle DAY

# **JUNE**

Monday	Tuesday	Wednesday	Thursday	Saturday
2 8pm BBS 1 - 52	3 8pm Combatives RD	4 8pm BBS 1 - 53	5 8pm BBS 1 - 54	7 8am MC Fundamentals
9 8pm BBS 1 - 55	10 8pm Combatives RD	11 8pm BBS 1 - 56 MC Fight Sim	12 8pm BBS 1 - 57	14 8am MC Fundamentals
16 8pm BBS 1 - 58	17 8pm Combatives RD	18 8pm BBS 1 - 59 MC Fight Sim	19 8pm BBS 1 - 60	21 8am MC Fundamentals
23 8pm Half Guard Start Freestyle	24 8pm Combatives RD	25 8pm Half Guard Start Fight Sim	26 8pm Half Guard Start Freestyle	28 8am MC Fundamentals
30 8pm BBS 2 - 1				



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### Log-on & Learn Faster!

As a student at Bowie Jiu-Jitsu, you qualify for a free subscription to the online *Master Cycle* program through GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have any trouble accessing your lessons online, please speak to a Gracie University student services representative.

### Combatives Reflex Development (RD)

Come to RD on Tuesday evenings to help the next member to the finish line of their Combatives journey. You'll get credit on your MC card as well!