



March 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>5:30 Black Belt Club</p>	<p>5</p> <p>5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)</p>	<p>6</p> <p>4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)</p>	<p>7</p>	<p>8</p> <p>6:30 Black Belt Club</p>	<p>9</p> <p>11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)</p>
<p>11</p> <p>5:30 Black Belt Club</p>	<p>12</p> <p>5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)</p>	<p>13</p> <p>4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)</p>	<p>14</p>	<p>15</p> <p>6:30 Black Belt Club</p>	<p>16</p> <p>11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)</p>
<p>18</p> <p>5:30 Black Belt Club</p>	<p>19</p> <p>5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)</p>	<p>20</p> <p>4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)</p>	<p>21</p>	<p>22</p> <p>6:30 Black Belt Club</p>	<p>23</p> <p>11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)</p>
<p>25</p> <p>5:30 Black Belt Club</p>	<p>26</p> <p>5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)</p>	<p>27</p> <p>4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)</p>	<p>28</p>	<p>29</p> <p>6:30 Black Belt Club</p>	<p>30</p> <p>11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)</p>

Week of	Junior Combatives Focus Movements
March 4 – March 9	Pull Guard w/ Elbow Escape
March 11 – March 16	Body Fold w/ Guard Armlocks
March 18 – March 23	Leg Hook w/ Take the back from Guard
March 25 – March 30	Standing Armlocks with Headlocks

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