



July 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 5:30 Black Belt Club	JULY 1 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	2 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	3	4 CLOSED FOR THE HOLIDAY	5 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
7 5:30 Black Belt Club	8 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	9 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	10	11 6:30 Black Belt Club	12 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
14 5:30 Black Belt Club	15 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	16 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	17	18 6:30 Black Belt Club	19 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
21 5:30 Black Belt Club	22 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	23 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	24	25 6:30 Black Belt Club	26 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
28 5:30 Black Belt Club	29 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	30 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	31	AUG 1 6:30 Black Belt Club	2 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)

Week of	Jr. Combatives Weekly Focus
June 30 – July 5	Standing Armlock w/ Headlock CLOSED FRIDAY, JULY 4 th
July 7 – July 12	Body Fold w/ Double Underhook Pass
July 14 – July 19	Haymaker w/ Hook Sweep
July 21 -July 26	Double Leg Takedown w/ Double Ankle Sweep
July 28 – August 2	Clinches w/ Elbow Escape

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