



July 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6</p> <p>5:30 Black Belt Club</p>	<p>7</p> <p>GAME DAY! 5:30pm – 7:15pm</p>	<p>8</p> <p>4:45pm Mat Munchkins 5:15 pm Little Champs 6:00pm Jr. Combatives (8-12)</p>	<p>9</p>	<p>10</p> <p>6:30pm Black Belt Club</p>	<p>11</p> <p>GAME DAY! 11:45am – 1:15pm</p>
<p>13</p> <p>5:30 Black Belt Club</p>	<p>14</p> <p>5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)</p>	<p>15</p> <p>4:45pm Mat Munchkins (3-5) 5:15pm Little Champs (5-7) 6:00pm Jr. Combatives (8-12)</p>	<p>16</p>	<p>17</p> <p>6:30 Black Belt Club</p>	<p>18</p> <p>11:30am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)</p>
<p>20</p> <p>5:30 Black Belt Club</p>	<p>21</p> <p>5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)</p>	<p>22</p> <p>4:45pm Mat Munchkins (3-5) 5:15pm Little Champs (5-7) 6:00pm Jr. Combatives (8-12)</p>	<p>23</p>	<p>24</p> <p>6:30 Black Belt Club</p>	<p>25</p> <p>11:30am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)</p>
<p>27</p> <p>5:30 Black Belt Club</p>	<p>28</p> <p>5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)</p>	<p>29</p> <p>4:45pm Mat Munchkins (3-5) 5:15pm Little Champs (5-7) 6:00pm Jr. Combatives (8-12)</p>	<p>30</p>	<p>31</p> <p>6:30 Black Belt Club</p>	<p>AUG 1</p> <p>11:30am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)</p>

Week of	Weekly Focus
July 6 – July 11	Submissions Game Day! Tuesday, July 7 th 5:30pm-7:15pm and Saturday, July 11 th 11:45am – 1:15pm
July 13 – July 18	Submissions
July 20 – July 25	Boundary Setting
July 27 – August 1	Defenses

www.GracieUniversity.com/KeegoHarbor | 2801 Orchard Lake Rd. Keego Harbor, MI 48320 | 248-657-0121 | gjjmichigan@gmail.com

Instagram: @graciejiujitsumichigan Facebook: @GJJKeegoHarbor