



May 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 5:30 Black Belt Club	6 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	7 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	8	9 6:30 Black Belt Club	10 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
12 5:30 Black Belt Club	13 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	14 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	15	16 6:30 Black Belt Club	17 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
19 5:30 Black Belt Club	20 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	21 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	22	23 6:30 Black Belt Club	24 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
26 CLOSED FOR MEMORIAL DAY	27 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	28 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	29	30 6:30 Black Belt Club	31 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)

Week of	Jr. Combatives Weekly Focus
May 5 – May 10	Rear Takedown w/ Headlock Counters
May 12 – May 17	Standing Armlock w/Shrimp Escape from Side Mount
May 19 – May 24	Guillotine Defense w/Take the back remount
May 26 – May 31	Standing Headlock Defense w/ Armlocks from Mount CLOSED MONDAY, MAY 26 th for MEMORIAL DAY

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