



# January 2010 Important Dates & Black Belt Team Class Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
	Flying Sides	Pads Rotation: Adult BJJ	Self Defense	Grappling	Sparring	Teamwork
10	11	12	13	14	15	16
	Forms	Sparring Rotation: Instructor Training	Sparring	Board Breaking	Wave Masters	Combos
17	18	19	20	21	22	23
	Jump Kicks	Spin & Turn Rotation: Parent Class	Grappling	Self Defense	Forms	Sparring
24	25	26	27	28	29	30
	Sparring	Forms Rotation: 3rd Degrees	Focus Paper	Instructor's Choice	Pads	Bring-A-Friend Day (Special Classes)
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\*Please note-classes are canceled only if date says "NO CLASSES" or "CLOSED".