

# November 2024



| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|--|---|--|---|--|--|
| 27   | 28   | 29  | 30   | 31  | 1<br><u>5:30 Yoga with Yurika</u><br>\$7 to participate – Ages 7+  | 2<br><u>8am Striking/Cardio</u><br><u>8:45 Adult BJJ</u><br><u>9am Kids BJJ</u><br><u>10-11am All Levels</u><br><u>11am - Demo Practice</u><br><u>11:30AM Little Dragons</u> |
| 3<br><u>9am - Relaxed Karate</u><br><u>10am - Workshop/Demo Practice</u>               | 4<br><u>5-5:45 Little Dragons/ Kids BJJ</u><br><u>5:45-6:30 Kickboxing</u><br><u>6:30-7:30 Sparring</u><br><u>7:30 Adult BJJ</u>     | 5<br><u>5:15-6:15 Beginners</u><br><u>6:15-7:30 TKD/TSD all levels</u><br><u>7:30 Adult BJJ</u>   | 6<br><u>5:00 Little Dragons</u><br><u>5:45-6:30 Kickboxing</u><br><u>6:30 Workshop (Self Defense)/Beginners / Demo Practice</u><br><u>7:15-8:15 All Levels</u> | 7<br><u>5-5:45 Little Dragons</u><br><u>5:45-6:30 Beginners</u><br><u>6:30-7:30 Weapons – Orange belt &amp; up</u><br>6:30pm - Demo Practice      | 8<br>EUSAIMAA Conference   | 9<br><u>8am Striking/Cardio</u><br><u>8:45 Adult BJJ/ 9am Kids BJJ</u><br><u>10-11am All Levels</u><br><u>11:30AM Little Dragons</u><br>EUSAIMAA Conference                  |
| 10<br><u>9am - Relaxed Karate</u><br><u>10am - Workshop</u><br><br>EUSAIMAA Conference | 11<br><u>5-5:45 Little Dragons / Kids BJJ</u><br><u>5:45-6:30 Kickboxing</u><br><u>6:30-7:30 All Levels</u><br><u>7:30 Adult BJJ</u> | 12<br><u>5:15-6:15 Beginners</u><br><u>6:15-7:30 TKD/TSD all levels</u><br><u>7:30 Adult BJJ</u>  | 13<br><u>5:00 Little Dragons</u><br><u>5:45-6:30 Kickboxing</u><br><u>6:30 Workshop (Forms)/Beginners</u><br><u>7:15-8:15 All Levels</u>                       | 14<br><u>5-5:45 Little Dragons</u><br><u>5:45-6:30 Beginners</u><br><u>6:30-7:15 TKD/TSD all levels</u><br>7:15-7:30 Forms                        | 15<br><u>5:30 Yoga with Yurika</u><br>\$7 to participate – Ages 7+ | 16<br><u>8am Striking/Cardio</u><br><u>8:45 Adult BJJ</u><br><u>9am Kids BJJ</u><br><u>10-11am All Levels</u><br><u>11:30AM Little Dragons</u>                               |
| 17<br><u>9am - Relaxed Karate</u><br><u>10am - Workshop</u>                            | 18<br><u>5-5:45 Little Dragons / Kids BJJ</u><br><u>5:45-6:30 Kickboxing</u><br><u>6:30-7:30 All Levels</u><br><u>7:30 Adult BJJ</u> | 19<br><u>5:15-6:15 Beginners</u><br><u>6:15-7:30 TKD/TSD all levels</u><br><u>7:30 Adult BJJ</u>  | 20<br><u>5:00 Little Dragons</u><br><u>5:45-6:30 Kickboxing</u><br><u>6:30 Workshop (One Steps)/Beginners</u><br><u>7:15-8:15 Sparring</u>                     | 21<br><b>FORMS NIGHT</b><br><u>5-5:45 Little Dragons</u><br><u>5:45-6:30 Beginners</u><br><u>6:30-7:15 Intermediate</u><br><u>7:15-8 Advanced</u> | 22   | 23<br><u>8am Striking/Cardio</u><br><u>8:45 Adult BJJ</u><br><u>9am Kids BJJ</u><br><u>10-11am All Levels</u><br><u>11:30AM Little Dragons</u>                               |
| 24<br><u>9am - Relaxed Karate</u><br><u>10am - Workshop</u>                            | 25<br><u>5-5:45 Little Dragons / Kids BJJ</u><br><u>5:45-6:30 Kickboxing</u><br><u>6:30-7:30 All Levels</u><br><u>7:30 Adult BJJ</u> | 26<br><u>5:15-6:15 Beginners</u><br><u>6:15-7:30 TKD/TSD all levels</u><br><u>7:30 Adult BJJ</u>  | 27<br>School Closed  | 28<br>School Closed   | 29   | 30<br><u>8am Striking/Cardio</u><br><u>8:45 Adult BJJ</u><br><u>9am Kids BJJ</u><br><u>10-11am All Levels</u><br><u>11:30AM Little Dragons</u>                               |
| 1  | 2  | Notes<br>Pittsburgh Demo Practices - 11/2, 11/3, 11/6 and 11/7. Practice prior to demo at hotel - Demo participants must be there and in demo uniform by 3pm. |  |   |  |  |