

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 IWTC INSTRUCTORS (IM) = Ian Maland (JF) = Jon Froh (LM) = Lloyd "Albie" McKinney (LNJ) = Lil Nick Johnson (NJ) = Nick Johnson (OB) = Olivia Beeskau (SE) = Shea Ealey	3 9-10am Women's Jiu Jitsu (OB) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	4 6-7pm Muay Thai (SE) 7:15-8:15pm Coulee Region Stars	5 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	6 5:30-6:30pm Muay Thai (LM) 6:30-7:15pm MMA Sparring (LM)	7 6-7pm Beginner Jiu Jitsu (JF)	8 8-9am Pursuit Athlete Advantage (LNJ) 9:15-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu-NoGi (IM)
9 10-11am Open Roll	10 9-10am Women's Jiu Jitsu (OB) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	11 6-7pm Muay Thai (SE) 7:15-8:15pm Coulee Region Stars	12 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	13 5:30-6:30pm Muay Thai (LM) 6:30-7:15pm MMA Sparring (LM)	14 6-7pm Beginner Jiu Jitsu (JF)	15 8-9am Pursuit Athlete Advantage (LNJ) 9:15-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu - NoGi (IM)
16 10-11am Open Roll	17 9-10am Women's Jiu Jitsu (OB) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	18 6-7pm Muay Thai (SE) 7:15-8:15pm Coulee Region Stars	19 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	20 5:30-6:30pm Muay Thai (LM) 6:30-7:15pm MMA Sparring (LM)	21 6-7pm Beginner Jiu Jitsu (JF)	22 8-9am Pursuit Athlete Advantage (LNJ) 9:15-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu - NoGi (IM)
23 10-11am Open Roll	24 9-10am Women's Jiu Jitsu (OB) 11-1pm Pursuit Youth Fitness (LNJ) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	25 6-7pm Muay Thai (SE) 7:15-8:15pm Coulee Region Stars	26 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	27 5:30-6:30pm Muay Thai (LM) 6:30-7:15pm MMA Sparring (LM)	28 6-7pm Beginner Jiu Jitsu (JF)	29 8-9am Pursuit Athlete Advantage (LNJ) 9:15-10am Youth Jiu Jitsu (IM or JF) 10-11am Open Boxing 10-10:45am Adult Jiu Jitsu - NoGi (IM)
30 10-11am Open Roll	31 9-10am Women's Jiu Jitsu (OB) 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)					