

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	IWTC INSTRUCTORS (IM) = Ian Maland (JF) = Jon Froh (LNJ) = Lil Nick Johnson (NJ) = Nick Johnson (SE) = Shea Ealey			1 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	2 11-1pm Pursuit Youth Fitness (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	3 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)
4	5 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)	6 6-7pm Muay Thai (SE)	7 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)	8 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	9 11-1pm Pursuit Youth Fitness (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	10 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)
11	12 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)	13 6-7pm Muay Thai (SE)	14 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) 8-9pm Pursuit Athlete Advantage (LNJ)	15 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	16 11-1pm Pursuit Youth Fitness (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	17 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)
18	19 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)	20 6-7pm Muay Thai (SE)	21 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) 8-9pm Pursuit Athlete Advantage (LNJ)	22 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	23 11-1pm Pursuit Youth Fitness (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	24 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)
25	26 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)	27 6-7pm Muay Thai (SE)	28 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) 8-9pm Pursuit Athlete Advantage (LNJ)	29 6-7pm Muay Thai (SE) 7-8pm MMA/Sparring	30 11-1pm Pursuit Youth Fitness (LNJ) 6-7pm Beginner Jiu Jitsu (JF)	31 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)