

# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>IWTC INSTRUCTORS</b> (IM) = Ian Maland (JF) = Jon Froh (LM) = Lloyd "Albie" McKinney (LNJ) = Lil Nick Johnson (NJ) = Nick Johnson (OB) = Olivia Beeskau (SE) = Shea Ealey				1	2
					Beginner Jiu Jitsu (JF)	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)
3	4	5	6	7	8	9
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)	6-7pm Muay Thai (SE)	5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	5:30-6:30pm Muay Thai (LM) 6:30-7:30pm MMA Sparring (LM)	6-7pm Beginner Jiu Jitsu (JF)	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)	
10	11	12	13	14	15	16
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)	6-7pm Muay Thai (SE)	5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	5:30-6:30pm Muay Thai (LM) 6:30-7:30pm MMA Sparring (LM)	6-7pm Beginner Jiu Jitsu (JF)	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)	
17	18	19	20	21	22	23
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)	6-7pm Muay Thai (SE)	5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	5:30-6:30pm Muay Thai (LM) 6:30-7:30pm MMA Sparring (LM)	6-7pm Beginner Jiu Jitsu (JF)	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)	
24	25	26	27	28	29	30
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)	6-7pm Muay Thai (SE)	5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	5:30-6:30pm Muay Thai (LM) 6:30-7:30pm MMA Sparring (LM)	6-7pm Beginner Jiu Jitsu (JF)	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)	