

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	IWTC INSTRUCTORS (IM) = Ian Maland (JF) = Jon Froh (LNJ) = Lil Nick Johnson (NJ) = Nick Johnson (OB) = Olivia Beeskau (SE) = Shea Ealey		1 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	2 6-7pm Muay Thai (SE)	3 Beginner Jiu Jitsu (JF)	4 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)
5	6 HAPPY LABOR DAY!	7 6-7pm Muay Thai (SE)	8 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	9 6-7pm Muay Thai (SE)	10 6-7pm Beginner Jiu Jitsu (JF)	11 FIGHT NIGHT at OMNI CENTER 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)
12	13 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)	14 6-7pm Muay Thai (SE)	15 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	16 6-7pm Muay Thai (SE)	17 6-7pm Beginner Jiu Jitsu (JF)	18 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)
19	20 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)	21 6-7pm Muay Thai (SE)	22 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	23 6-7pm Muay Thai (SE)	24 6-7pm Beginner Jiu Jitsu (JF)	25 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)
26	27 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)	28 6-7pm Muay Thai (SE)	29 5:15-6pm Boxing (NJ) 5:30-6pm Youth Jiu Jitsu (JF) 6:15-7pm Adult Jiu Jitsu (JF)	30 6-7pm Muay Thai (SE)		