

September

Teaching Schedule

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 No Class – Labor Day Weekend
3	4 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	5 Aikido 6:30-8:30 pm Tracy /Richard	6 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	7 Aikido 6:30-8:30 pm Jean-Marc/ Johnny	8 Jiu-Jitsu 6:00 -8:30 pm	9 Aikido 10 am – 12 pm Dan/Richard
10	11 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	12 Aikido 6:30-8:30 pm Tracy /Richard	13 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	14 Aikido 6:30-8:30 pm Dan/ Johnny	15 Seminar with Messores Sensei 6:30 – 8:30 p.m.	16 Seminar with Messores Sensei 10 a.m. – 12 p.m. 2:30 p.m.- 4:30 p.m.
17 Seminar with Messores Sensei 10 a.m. – 12 p.m.	18 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	19 Aikido 6:30-8:30 pm Tracy /Sage	20 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	21 Aikido 6:30-8:30 pm Jean-Marc/ Dan	22 Jiu-Jitsu 6:00 -8:30 pm	23 Aikido 10 am – 12 pm Dan/Richard
24	25 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	26 Aikido 6:30-8:30 pm Tracy /Richard	27 Karate 6:00 – 7:30 pm - Bill Jiu-Jitsu 7:00 - 8:30 pm	28 Aikido 6:30-8:30 pm Dan/ Johnny	29 Jiu-Jitsu 6:00 -8:30 pm	30 Aikido 10 am – 12 pm Jean Marc/Johnny