

## MARCH 2017



# March

WHAT'S HAPPENING AT J. PARK THIS MONTH?

**“It’s okay to lose to an opponent, you must not lose to fear” –Mr. Miyagi**

**SPRING BREAK CAMP \$99.00**  
**SPACE IS LIMITED!!!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  <b>6:00 –6:45 BBC BO STAFF</b>	2 6:00-6:45 Child Beg/Adv <b>6:45-7:30 BBC Sparring</b> 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	3 <b>5:15-6:00 BBC Weapons SWORD</b> 6:00-6:45 Child Adv 6:45-7:30 Child Beg <b>***7:30-8:15CBF***</b>	4 <b>11 am – 12 pm BBC Weapons Sparring</b> <u>12pm-1pm</u> Competition Grappling class <u>4pm</u> Omega MMA Open Mat
5  CLOSED	6 6:00 –6:45 Child Beg 6:45-7:30 Child Adv 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	7 6:00-6:45 Child Beg/Adv 6:45-7:30 BBC Grappling 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	8  <b>6:00 –6:45 BBC BO STAFF</b>	9 6:00-6:45 Child Beg/Adv <b>6:45-7:30 BBC Sparring</b> 7:30-8:15 MMA Striking 8:15-9:30 MMA Free Style 9:30OmegaMMA	10  <b>5:15-6:00 BBC Weapons SWORD</b> 6:00-6:45 Child Adv 6:45-7:30 Child Beg <b>***7:30-8:15CBF***</b>	11 <b>11 am – 12 pm BBC Weapons Sparring</b> <u>12pm-1pm</u> Competition Grappling class <u>4pm</u> Omega MMA Open Mat
12  CLOSED	13 <b>SPRING BREAK</b> 6:00 –6:45 Child Beg 6:45-7:30 Child Adv 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	14 <b>SPRING BREAK</b> 6:00-6:45 Child Beg/Adv 6:45-7:30 BBC Grappling 7:30-8:15 Striking 8:15-9:30 Omega MMA Free Style	15 <b>SPRING BREAK</b>  <b>CLOSED</b> <b>No night class</b>	16 <b>SPRING BREAK</b> 6:00-6:45 Child Beg/Adv <b>6:45-7:30 BBC Sparring</b> 7:30-8:15 Striking 8:15-9:30 Omega MMA Free Style	17 <b>SPRING BREAK</b>  <b>5:15-6:00 BBC Weapons SWORD</b> 6:00-6:45 Child Adv 6:45-7:30 Child Beg <b>***7:30-8:15CBF***</b>	18 <b>11 am – 12 pm BBC Weapons Sparring</b> <u>12pm-1pm</u> Competition Grappling class <u>4pm</u> Omega MMA Open Mat
19  CLOSED	20 6:00 –6:45 Child Beg 6:45-7:30 Child Adv 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	21 6:00-6:45 Child Beg/Adv 6:45-7:30 BBC Jiu-jitsu 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	22  <b>6:00 –6:45 BBC BO STAFF</b>	23 6:00-6:45 Child Beg/Adv <b>6:45-7:30 BBC Sparring</b> 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	24  <b>I.E.P</b> <b>NO NIGHT CLASS</b>	<b>I.E.P.</b> <b>CLOSED</b>
26  <b>I.E.P.</b> <b>CLOSED</b>	27 6:00 –6:45 Child Beg 6:45-7:30 Child Adv 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	28 6:00-6:45 Child Beg/Adv 6:45-7:30 BBC Jiu-jitsu 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	29  <b>6:00 –6:45 BBC BO STAFF</b>	30 6:00-6:45 Child Beg/Adv <b>6:45-7:30 BBC Sparring</b> 7:30-8:15 MMA Striking 8:15-9:30 Omega MMA Free Style	31  <b>5:15-6:00 BBC Weapons SWORD</b> 6:00-6:45 Child Adv 6:45-7:30 Child Beg <b>***7:30-8:15CBF***</b>	APRIL 1  <b><u>NAGA</u></b>

**Child** = 12 and Under  
**Child Beg** = White, Yellow, Orange, Green  
**Child Adv** = Purple, Blue, Red, Black

**BBC Spar** – Sparring  
**BBC Program** – BBC members must have chest protector, headgear, bo staff,

**Omega MMA** = Mixed Martial Arts  
**MMA STRIKING**= Curriculum Based Classes  
**CBF** – Cage Body Fitness (cardio kickboxing) and nunchucks