

February 2012



WHAT'S HAPPENING AT J. PARK THIS MONTH?

- **Testing** – Friday February 17th 6pm
- **Belt Ceremony** – Wednesday February 22nd 6pm
- **Bring a Buddy Break a Board Fun Night** – Thursday February 23rd 6pm..Bring in a friend and when they join you receive a \$50.00 gift card to game stop.
- **BODY FIT** – Join Now – Unlimited Classes only \$29 month!
- **Summer Camp Registration Begins February 15th Sign up early Space is Limited**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:00 –6:45 BBC Spar 6:45-7:45 Omega MMA 7:45-8:30 BODYFIT	2 6:00-6:45 Child Beg/Adv 6:45-7:30 BODYFIT 7:30-8:15 Omega CUR 8:15-9:30 Omega MMA	3 6:00-6:45 Child Adv 6:45-7:30 Child Beg 7:30-8:15 BODYFIT	4 9-10 - BODYFIT 10-11 - Omega BEG 11-12 - BBC Weapons
5 CLOSED	6 6:00 –6:45 Child Beg 6:45-7:30 Child Adv 7:30-8:15 Omega CUR 8:15-9:30 Omega MMA	7 6:00 –6:45 Child Adv/Beg 6:45-7:30 BODYFIT 7:30-8:15 Omega CUR 8:15-9:30 Omega BEG	8 6:00 –6:45 BBC Spar 6:45-7:45 Omega MMA 7:45-8:30 BODYFIT	9 6:00-6:45 Child Beg/Adv 6:45-7:30 BODYFIT 7:30-8:15 Omega CUR 8:15-9:30 Omega MMA	10 CLOSED	11 CLOSED
12 Valentine's Day Workout!!! 12-1	13 6:00 –6:45 Child Beg 6:45-7:30 Child Adv 7:30-8:15 Omega CUR 8:15-9:30 Omega MMA	14 6:00 –6:45 Child Adv/Beg 6:45-7:30 BODYFIT 7:30-8:15 Omega CUR 8:15-9:30 Omega BEG	15 6:00 –6:45 BBC Spar 6:45-7:45 Omega MMA 7:45-8:30 BODYFIT	16 6:00-6:45 Child Beg/Adv 6:45-7:30 BODYFIT 7:30-8:15 Omega CUR 8:15-9:30 Omega MMA	17 Testing 6:00pm	18 9-10 - BODYFIT 10-11 - Omega BEG 11-12 - BBC Weapons
19 CLOSED	20 6:00 –6:45 Child Beg 6:45-7:30 Child Adv 7:30-8:15 Omega CUR 8:15-9:30 Omega MMA	21 6:00 –6:45 Child Adv/Beg 6:45-7:30 BODYFIT 7:30-8:15 Omega CUR 8:15-9:30 Omega BEG	22 Belt Ceremony & Parent Appreciation 6:00 – 7:30	23 6:00-6:45 Bring a Buddy Break a Board Fun Night. 6:45-7:30 BODYFIT 7:30-8:15 Omega CUR 8:15-9:30 Omega MMA	24 School Day Out Camp 6:00-6:45 Child Adv 6:45-7:30 Child Beg 7:30-8:15 BODYFIT	25 9-10 - BODYFIT 10-11 - Omega BEG 11-12 - BBC Weapons 12-1 - BBC
26 CLOSED	27 6:00 –6:45 Child Beg 6:45-7:30 Child Adv 7:30-8:15 Omega CUR 8:15-9:30 Omega MMA	28 6:00 –6:45 Child Adv/Beg 6:45-7:30 BODYFIT 7:30-8:15 Omega CUR 8:15-9:30 Omega BEG	29 6:00 –6:45 BBC Spar 6:45-7:45 Omega MMA 7:45-8:30 BODYFIT	1 6:00-6:45 Child Beg/Adv 6:45-7:30 BODYFIT 7:30-8:15 Omega CUR 8:15-9:30 Omega MMA	2 6:00-6:45 Child Adv 6:45-7:30 Child Beg 7:30-8:15 BODYFIT	3 9-10 - BODYFIT 10-11 - Omega BEG 11-12 - BBC Weapons 12-1 - BBC

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

Omega MMA = Mixed Martial Arts
Omega Beg = Mixed Martial Arts Beginners
Omega Cur = Curriculum Based Classes

BBC Program – BBC members must have chest protector, headgear, bo staff, and nunchucks
BBC Spar - Sparring