

2018/19 CLASS
ROTATION SCHEDULE

- A - PROMO PREP & BREAKING TECHNIQUES
- B - KICKING TECHNIQUES

- C - PATTERNS & BASIC MOVEMENTS
- D - SPARRING TECHNIQUES

- E - SELF DEFENSE / ONE-STEP SPARRING
- F - CONDITIONING AND TARGET SPARRING

SEPTEMBER 2 0 1 8						
S	M	T	W	T	F	S
						1
						B
2	3	4	5	6	7	8
C	D	E	F	A	B	C
9	10	11	12	13	14	15
D	E	F	A	B	C	D
16	17	18	19	20	21	22
E	F	A	B	C	D	E
23	24	25	26	27	28	29
F	A	B	C	D	E	F
30						
A						

OCTOBER 2 0 1 8						
S	M	T	W	T	F	S
	1	2	3	4	5	6
	B	C	D	E	F	A
7	8	9	10	11	12	13
B	C	D	E	F	A	B
14	15	16	17	18	19	20
C	D	E	F	A	B	C
21	22	23	24	25	26	27
D	E	F	A	B	C	D
28	29	30	31			
E	F	A	B			

NOVEMBER 2 0 1 8						
S	M	T	W	T	F	S
				1	2	3
				C	D	E
4	5	6	7	8	9	10
F	A	B	C	D	E	F
11	12	13	14	15	16	17
A	B	C	D	E	F	A
18	19	20	21	22	23	24
B	C	D	E	F	A	B
25	26	27	28	29	30	
C	D	E	F	A	B	

DECEMBER 2 0 1 8						
S	M	T	W	T	F	S
						1
						C
2	3	4	5	6	7	8
D	E	F	A	B	C	D
9	10	11	12	13	14	15
E	F	A	B	C	D	E
16	17	18	19	20	21	22
F	A	B	C	D	E	F
23	24	25	26	27	28	29
A	B	C	D	E	F	A
30	31					
B	C					

JANUARY 2 0 1 9						
S	M	T	W	T	F	S
		1	2	3	4	5
		D	E	F	A	B
6	7	8	9	10	11	12
C	D	E	F	A	B	C
13	14	15	16	17	18	19
D	E	F	A	B	C	D
20	21	22	23	24	25	26
E	F	A	B	C	D	E
27	28	29	30	31		
F	A	B	C	D		

FEBRUARY 2 0 1 9						
S	M	T	W	T	F	S
					1	2
					E	F
3	4	5	6	7	8	9
A	B	C	D	E	F	A
10	11	12	13	14	15	16
B	C	D	E	F	A	B
17	18	19	20	21	22	23
C	D	E	F	A	B	C
24	25	26	27	28		
D	E	F	A	B		

MARCH 2 0 1 9						
S	M	T	W	T	F	S
					1	2
					C	D
3	4	5	6	7	8	9
E	F	A	B	C	D	E
10	11	12	13	14	15	16
F	A	B	C	D	E	F
17	18	19	20	21	22	23
A	B	C	D	E	F	A
24	25	26	27	28	29	30
B	C	D	E	F	A	B
31						
C						

APRIL 2 0 1 9						
S	M	T	W	T	F	S
		1	2	3	4	5
		D	E	F	A	B
7	8	9	10	11	12	13
D	E	F	A	B	C	D
14	15	16	17	18	19	20
E	D	A	B	C	D	E
21	22	23	24	25	26	27
F	A	B	C	D	E	F
28	29	30				
A	B	C				

MAY 2 0 1 9						
S	M	T	W	T	F	S
			1	2	3	4
			D	E	F	A
5	6	7	8	9	10	11
B	C	D	E	F	A	B
12	13	14	15	16	17	18
C	D	E	F	A	B	C
19	20	21	22	23	24	25
D	E	F	A	B	C	D
26	27	28	29	30	31	
E	F	A	B	C	D	

JUNE 2 0 1 9						
S	M	T	W	T	F	S
						1
						E
2	3	4	5	6	7	8
F	A	B	C	D	E	F
9	10	11	12	13	14	15
A	B	C	D	E	F	A
16	17	18	19	20	21	22
B	C	D	E	F	A	B
23	24	25	26	27	28	29
C	D	E	F	A	B	C
30						
D						

JULY 2 0 1 9						
S	M	T	W	T	F	S
		1	2	3	4	5
		E	F	A	B	C
7	8	9	10	11	12	13
E	F	A	B	C	D	E
14	15	16	17	18	19	20
F	A	B	C	D	E	F
21	22	23	24	25	26	27
A	B	C	D	E	F	A
28	29	30	31			
B	C	D	E			

AUGUST 2 0 1 9						
S	M	T	W	T	F	S
					1	2
					F	A
4	5	6	7	8	9	10
C	D	E	F	A	B	C
11	12	13	14	15	16	17
D	E	F	A	B	C	D
18	19	20	21	22	23	24
E	F	A	B	C	D	E
25	26	27	28	29	30	31
F	A	B	C	D	E	F