

| 2022/23 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 2 2 | | | | | | | OCTOBER 2 0 2 2 | | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
| | | | | 1 | 2 | 3 | | | | | | 1 | | |
| | | | | E | F | A | | | | | | E | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| B | C | D | E | F | A | B | F | A | B | C | D | E | F | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| C | D | E | F | A | B | C | A | B | C | D | E | F | A | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
| D | E | F | A | B | C | D | B | A | B | C | D | E | F | |
| 25 | 26 | 27 | 28 | 29 | 30 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | |
| E | F | A | B | C | D | | C | D | E | F | A | B | C | |
| | | | | | | | 30 | 31 | | | | | | |
| | | | | | | | D | E | | | | | | |
| JANUARY 2 0 2 3 | | | | | | | FEBRUARY 2 0 2 3 | | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | |
| A | B | C | D | E | F | A | | | | C | D | E | F | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| B | C | D | E | F | A | B | A | B | C | D | E | F | A | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
| C | D | E | F | A | B | C | B | C | D | E | F | A | B | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| E | F | A | B | C | D | E | C | D | E | F | A | B | C | |
| 29 | 30 | 31 | | | | | 26 | 27 | 28 | | | | | |
| F | A | B | | | | | D | E | F | | | | | |
| MARCH 2 0 2 3 | | | | | | | APRIL 2 0 2 3 | | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
| | | | 1 | 2 | 3 | 4 | | | | | | 1 | | |
| | | | A | B | C | D | | | | | | B | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| E | F | A | B | C | D | E | C | D | E | F | A | B | C | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| F | A | B | C | D | E | F | D | E | F | A | B | C | D | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
| A | B | C | D | E | F | A | E | F | A | B | C | D | E | |
| 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | |
| B | C | D | E | F | A | | F | A | B | C | D | E | F | |
| | | | | | | | 30 | | | | | | | |
| | | | | | | | A | | | | | | | |
| MAY 2 0 2 3 | | | | | | | JUNE 2 0 2 3 | | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | |
| | B | C | D | E | F | A | | | | | C | D | E | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| B | C | D | E | F | A | B | F | A | B | C | D | E | F | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| C | D | E | F | A | B | C | A | B | C | D | E | F | A | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| D | E | F | A | B | C | D | B | C | D | E | F | A | B | |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | 30 | | |
| E | F | A | B | | | | C | D | E | F | A | B | | |
| JULY 2 0 2 3 | | | | | | | AUGUST 2 0 2 3 | | | | | | | |
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
| | | | | | | 1 | | | | 1 | 2 | 3 | 4 | 5 |
| | | | | | | C | | | | D | E | F | A | B |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| D | E | F | A | B | C | D | C | D | E | F | A | B | C | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| E | F | A | B | C | D | E | D | E | F | A | B | C | D | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| F | A | B | C | D | E | F | E | F | A | B | C | D | E | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | 29 | 30 | 31 | | | |
| A | B | C | D | E | F | A | F | A | B | C | D | | | |
| 30 | 31 | | | | | | | | | | | | | |
| B | C | | | | | | | | | | | | | |