



2021 September-October Dojo NEWS & Updates

Check front desk for this monthly or Download & Print from www.AMMAfit.com

Sept 7th NEW SCHEDULE Begins

- grab a schedule at the front desk or check AMMAfit.com

Sept 12th: First Sunday BJJ

- 9-11am Teen/Adult Only

Sept 20th through 25th: **STRIPE WEEK**

- Get to class for your progress stripes (7 classes per 4 weeks)

***** October is BELT PROMO Month *****

Oct 3rd: First Sunday BJJ

- 9:15-10:15am, Teen/Adult Only

Oct 3rd: KIDS BJJ TEAM Begins * GI Required *****

- Ages 5-8, 10:15 – 11:00am
- Ages 9-12, 11:00am – 12:00pm

Oct 18th through 23rd: **STRIPE WEEK**

- Get to class for your progress stripes (7 classes per 4 weeks)

Oct 24th: Academy Day at Hausman Fruit Farm

- Sunday, 1:30-5p, FREE Wristbands for Academy Members

Oct 28th **BELT PROMO Night**

- Belt Testing Schedule, ALL NORMAL class canceled
- 4:45p Tiny Titans
- 5:30p Little Dragons
- 6:30p A-TEAM
- 7:45p ACADEMY Training Night: Teen/Adult All members Welcome

Oct 30th: Costume Day

- Kids class “Costume Day”

