



# September

## 2025

### Weekly Focus:

**Week 1:** Guard Retention and Wrestling Up

**Week 2:** Guard Retention and Submissions from Guard

**Week 3:** Turtle and Drag Downs

**Week 4:** Turtle and Drag Downs continued

**Week 5:** Submission Mechanics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Week 1	1 LABOR DAY No class at Mako <ul style="list-style-type: none"><li>BJJ with Hunter @ Marana, 7-9pm</li></ul>	2	3 <ul style="list-style-type: none"><li>BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm</li></ul>	4 <ul style="list-style-type: none"><li>Muay Thai with John @ Undisputed Downtown, 2-4pm</li><li>BJJ/Wrestling with Mike @ Undisputed South, 7:00-8:30pm</li></ul>	5 <ul style="list-style-type: none"><li>Open Mat @ Mako, 6-7:30am</li><li>BJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm</li></ul>	6 <ul style="list-style-type: none"><li>Open Mat @ Sonoran, 10am-12pm</li><li>Open Mat @ Mako, 11:15am-12:30pm</li></ul>
7 Week 2	8 <ul style="list-style-type: none"><li>BJJ with Tim @ Mako, 1-3pm</li><li>BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm</li></ul>	9	10 <ul style="list-style-type: none"><li>BJJ with Eric @ Marana, 7-9pm</li></ul>	11 <ul style="list-style-type: none"><li>BJJ/Judo/Wrestling with Brendon @ Undisputed Downtown, 2-4pm</li><li>BJJ with Matt @ Undisputed South, 7:00-8:30pm</li></ul>	12 <ul style="list-style-type: none"><li>Open Mat @ Mako, 6-7:30am</li><li>BJJ with Luis @ Marana, 4-5:30pm</li></ul>	13 <ul style="list-style-type: none"><li>Open Mat @ Sonoran, 10am-12pm</li><li>Open Mat @ Mako, 11:15am-12:30pm</li></ul>
14 Week 3	15 <ul style="list-style-type: none"><li>BJJ/Judo/Wrestling with Brendon @ Mako, 1-3pm</li><li>BJJ with Hunter @ Marana, 7-9pm</li></ul>	16	17 <ul style="list-style-type: none"><li>BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm</li></ul>	18 <ul style="list-style-type: none"><li>BJJ with Tim @ Undisputed Downtown, 2-4pm</li><li>BJJ/ Wrestling with Mike @ Undisputed South, 7:00-8:30pm</li></ul>	19 <ul style="list-style-type: none"><li>Open Mat @ Mako, 6-7:30am</li><li>BJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm</li></ul>	20 <ul style="list-style-type: none"><li>Open Mat @ Sonoran, 10am-12pm</li><li>Open Mat @ Mako, 11:15am-12:30pm</li></ul>
21 Week 4	22 <ul style="list-style-type: none"><li>BJJ with Natalie and Gerald @ Mako, 1-3pm</li><li>BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm</li></ul>	23	24 <ul style="list-style-type: none"><li>BJJ with Eric @ Marana, 7-9pm</li></ul>	25 <ul style="list-style-type: none"><li>BJJ with Tim @ Undisputed Downtown, 2-4pm</li><li>BJJ with Matt @ Undisputed South, 7:00-8:30pm</li></ul>	26 <ul style="list-style-type: none"><li>Open Mat @ Mako, 6-7:30am</li><li>BJJ with Luis @ Marana, 4-5:30pm</li></ul>	27 <ul style="list-style-type: none"><li>Open Mat @ Sonoran, 10am-12pm</li><li>Open Mat @ Mako, 11:15am-12:30pm</li></ul>
28 Week 5	29 <ul style="list-style-type: none"><li>BJJ with Tim @ Mako, 1-3pm</li><li>BJJ with Hunter @ Marana, 7-9pm</li></ul>	30				