

NBR

NO BELT REQUIRED

December

2025

- Weekly Focus:

Week 1: Body lock Takedowns and Passing Full Guard

Week 2: Body lock Takedowns and Mount

Week 3: Underhook Takedowns and Mount

Week 4: Takedowns and Knee on Belly

Week 5: Review requests/choice of technique

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Week 1</div>	<div>1</div> <div><ul style="list-style-type: none"><li>BJJ with Nick @ Marana, 7-9pm</li><li>BJJ with Carlos @ Undisputed South, 7:00-8pm</li></ul></div>	<div>2</div>	<div>3</div> <div><ul style="list-style-type: none"><li>BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm</li></ul></div>	<div>4</div> <div><ul style="list-style-type: none"><li>BJJ/Wrestling with Mike @ Undisputed South, 7:00-8:30pm</li></ul></div>	<div>5</div> <div><ul style="list-style-type: none"><li>Open Mat @ Mako, 6-7:30am</li></ul>BJJ with Erikc @ Marana, 4-5:30pm</div>	<div>6</div> <div><ul style="list-style-type: none"><li>Open Mat @ Sonoran, 10am-12pm</li><li>Open Mat @ Mako, 11:15am-12:30pm</li></ul></div>
<div>7</div> <div>Week 2</div>	<div>8</div> <div><ul style="list-style-type: none"><li>BJJ with Hunter @ Marana, 7-9pm</li><li>BJJ with Carlos @ Undisputed South, 7:00-8pm</li></ul></div>	<div>9</div>	<div>10</div> <div><ul style="list-style-type: none"><li>BJJ with Eric @ Marana, 7-9pm</li></ul></div>	<div>11</div> <div><ul style="list-style-type: none"><li>BJJ/Wrestling with Mike @ Undisputed South, 7:00-8:30pm</li></ul></div>	<div>12</div> <div><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></div>	<div>13</div> <div><ul style="list-style-type: none"><li>Open Mat @ Sonoran, 10am-12pm</li><li>Open Mat @ Mako, 11:15am-12:30pm</li></ul></div>
<div>14</div> <div>Week 3</div>	<div>15</div> <div><ul style="list-style-type: none"><li>BJJ with Nick @ Marana, 7-9pm</li><li>BJJ with Carlos @ Undisputed South, 7:00-8pm</li></ul></div>	<div>16</div>	<div>17</div> <div><ul style="list-style-type: none"><li>BJJ with Eric @ Marana, 7-9pm</li></ul></div>	<div>18</div> <div><ul style="list-style-type: none"><li>BJJ with Matt @ Undisputed South, 7:00-8:30pm</li></ul></div>	<div>19</div> <div><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></div>	<div>20</div> <div><ul style="list-style-type: none"><li>Open Mat @ Sonoran, 10am-12pm</li><li>Open Mat @ Mako, 11:15am-12:30pm</li></ul></div>
<div>21</div> <div>Week 4</div>	<div>22</div> <div><ul style="list-style-type: none"><li>BJJ with Hunter @ Marana, 7-9pm</li><li>BJJ with Carlos @ Undisputed South, 7:00-8pm</li></ul></div>	<div>23</div>	<div>24</div> <div><ul style="list-style-type: none"><li>Holiday Roll with Brendon @ Marana, 7-9pm</li></ul>Christmas Eve</div>	<div>25</div> <div>Christmas Day No Class</div>	<div>26</div> <div><ul style="list-style-type: none"><li>Open Mat @ Mako, 6-7:30am</li><li>Holiday Open Mat @ Marana, 4-5:30pm</li></ul></div>	<div>27</div> <div><ul style="list-style-type: none"><li>Open Mat @ Sonoran, 10am-12pm</li><li>Open Mat @ Mako, 11:15am-12:30pm</li></ul></div>
<div>28</div> <div>Week 5</div>	<div>29</div> <div><ul style="list-style-type: none"><li>BJJ with Nick @ Marana, 7-9pm</li><li>BJJ with Carlos @ Undisputed South, 7:00-8pm</li></ul></div>	<div>30</div>	<div>31</div> <div>New Year's Eve No Class</div>			