

January 2026

Weekly Focus:

Week 1: Body Lock Takedowns and Mount

Week 2: Underhook Takedowns and Mount

Week 3: Underhook Takedowns and Knee on Belly

Week 4: Review requests and/or choice of technique

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|---|---------|--|---|---|---|
| | | | | 01 PLEASE RSVP on WhatsApp for this class so the coach knows if class should be held due to New Year's Day BJJ with Matt@ Undisputed South, 7:00-8:30pm | 02 • Open Mat @ Mako, 6-7:30am • BJJ with Erikc @ Marana, 4-5:30pm | 03 • Open Mat @ Sonoran, 10am-12pm • Open Mat @ Mako, 11:15am-12:30pm |
| 04 Week 1 | 05 • BJJ with Hunter @ Marana, 7-9pm • BJJ with Carlos @ Undisputed South, 7:00-8pm | 06 | 07 • BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm | 08 • BJJ with Matt@ Undisputed South, 7:00-8:30pm | 9 • Open Mat @ Mako, 6-7:30am • BJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm | 10 • Open Mat @ Sonoran, 10am-12pm • Open Mat @ Mako, 11:15am-12:30pm |
| 11 Week 2 | 12 • BJJ with Nick @ Marana, 7-9pm • BJJ with Carlos @ Undisputed South, 7:00-8pm | 13 | 14 • BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm | 15 • BJJ with Matt @ Undisputed South, 7:00-8:30pm | 16 • Open Mat @ Mako, 6-7:30am • BJJ with Erikc @ Marana, 4-5:30pm | 17 • Open Mat @ Sonoran, 10am-12pm • Open Mat @ Mako, 11:15am-12:30pm |
| 18 Week 3 | 19 MLK Day No Class | 20 | 21 • BJJ with Eric @ Marana, 7-9pm | 22 • BJJ/Wrestling with Mike @ Undisputed South, 7:00-8:30pm | 23 • Open Mat @ Mako, 6-7:30am • BJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm | 24 • Open Mat @ Sonoran, 10am-12pm • Open Mat @ Mako, 11:15am-12:30pm |
| 25 Week 4 | 26 • BJJ with Nick @ Marana, 7-9pm • BJJ with Carlos @ Undisputed South, 7:00-8pm | 27 | 28 • BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm | 29 • BJJ/Wrestling with Mike @ Undisputed South, 7:00-8:30pm | 30 • Open Mat @ Mako, 6-7:30am • BJJ with Erikc @ Marana, 4-5:30pm | |