



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 <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ with Erikc @ Marana, 4-5:30pm	03 <ul style="list-style-type: none">Open Mat @ Sonoran, 10am-12pmOpen Mat @ Mako, 11:15am-12:30pm
04 Week 1	05 <ul style="list-style-type: none">BJJ with Hunter @ Marana, 7-9pmBJJ with Carlos @ Undisputed South, 7:00-8pm	06	07 <ul style="list-style-type: none">BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm	08 <ul style="list-style-type: none">BJJ with Matt@ Undisputed South, 7:00-8:30pm	09 <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm	10 <ul style="list-style-type: none">Open Mat @ Sonoran, 10am-12pmOpen Mat @ Mako, 11:15am-12:30pm
11 Week 2	12 <ul style="list-style-type: none">BJJ with Nick @ Marana, 7-9pmBJJ with Carlos @ Undisputed South, 7:00-8pm	13	14 <ul style="list-style-type: none">BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm	15 <ul style="list-style-type: none">BJJ with Matt @ Undisputed South, 7:00-8:30pm	16 <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ with Erikc @ Marana, 4-5:30pm	17 <ul style="list-style-type: none">Open Mat @ Sonoran, 10am-12pmOpen Mat @ Mako, 11:15am-12:30pm
18 Week 3	19 MLK Day No Class	20	21 <ul style="list-style-type: none">BJJ with Eric @ Marana, 7-9pm	22 <ul style="list-style-type: none">BJJ/Wrestling with Mike @ Undisputed South, 7:00-8:30pm	23 <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm	24 <ul style="list-style-type: none">Open Mat @ Sonoran, 10am-12pmOpen Mat @ Mako, 11:15am-12:30pm
25 Week 4	26 <ul style="list-style-type: none">BJJ with Nick @ Marana, 7-9pmBJJ with Carlos @ Undisputed South, 7:00-8pm	27	28 <ul style="list-style-type: none">BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm	29 <ul style="list-style-type: none">BJJ/Wrestling with Mike @ Undisputed South, 7:00-8:30pm	30 <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ with Erikc @ Marana, 4-5:30pm	