

# February 2026

## Weekly Focus:

**Week 1:** Duck Unders & Body Locks

**Week 2:** Duck Unders & Body Locks

**Week 3:** Body Lock Takedowns & Pressure Passing

**Week 4:** Body Lock Takedowns & Pressure Passing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 <b>Week 1</b>	02 • BJJ with Hunter @ Marana, 7-9pm	03	04 • BJJ with Eric @ Marana, 7-9pm	05 • BJJ/Wrestling with Mike @ Undisputed South, 7:00-8:00pm	06 • Open Mat @ Mako, 6-7:30am • BJJ with Luis @ Marana, 4-5:30pm	07 • Open Mat @ Sonoran, 10am-12pm • Open Mat @ Mako, 11:15am-12:30pm
08 <b>Week 2</b>	09 • BJJ with Nick @ Marana, 7-9pm	10	11 • BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm	12 • BJJ @ Undisputed South, 7:00-8:00pm	13 • Open Mat @ Mako, 6-7:30am • BJJ with Eric @ Marana, 4-5:30pm	14 • Open Mat @ Sonoran, 10am-12pm • Open Mat @ Mako, 11:15am-12:30pm
15 <b>Week 3</b>	16 • BJJ with Hunter @ Marana, 7-9pm	17	18 • BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm	19 • BJJ @ Undisputed South, 7:00-8:00pm	20 • Open Mat @ Mako, 6-7:30am • BJJ with Luis @ Marana, 4-5:30pm	21 • Open Mat @ Sonoran, 10am-12pm • Open Mat @ Mako, 11:15am-12:30pm
22 <b>Week 4</b>	23 • BJJ with Nick @ Marana, 7-9pm	24	25 • BJJ/Judo/Wrestling with Brendon@ Marana, 7-9pm	26 • BJJ @ Undisputed South, 7:00-8:00pm	27 • Open Mat @ Mako, 6-7:30am • BJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm	28 • Open Mat @ Sonoran, 10am-12pm • Open Mat @ Mako, 11:15am-12:30pm