

2024 FALL

Elite Martial Arts Rotation Schedule

SEPTEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
D	A	B	C	D	A	B
8	9	10	11	12	13	14
C	D	A	B	C	D	A
15	16	17	18	19	20	21
B	C	D	A	B	C	D
22	23	24	25	26	27	28
A	B	C	D	A	B	C
29	30					
D	A					

OCTOBER						
S	M	T	W	T	F	S
		1	2	3	4	5
		B	C	D	A	B
6	7	8	9	10	11	12
C	D	A	B	C	D	A
13	14	15	16	17	18	19
B	C	D	A	B	C	D
20	21	22	23	24	25	26
A	B	C	D	A	B	C
27	28	29	30	31		
D	A	B	C	D		

NOVEMBER						
S	M	T	W	T	F	S
					1	2
					A	B
3	4	5	6	7	8	9
C	D	A	B	C	D	A
10	11	12	13	14	15	16
B	C	D	A	B	C	D
17	18	19	20	21	22	23
A	B	C	D	A	B	C
24	25	26	27	28	29	30
D	A	B	C	D	A	B

DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
C	D	A	B	C	D	A
8	9	10	11	12	13	14
B	C	D	A	B	C	D
15	16	17	18	19	20	21
A	B	C	D	A	B	C
22	23	24	25	26	27	28
D	A	B	C	D	A	B
29	30	31				
C	D	A				

LEGEND
A - One Step & Self Defense
B - Kicking Training & Breaking Technique
C - Pattern & Fundamental Movements
D - Sparring & Footwork

