

2022 Sparring Class Dates:

March: 4, 11*, 18, 25*

April: 1, 8*, 22, 29*

May: 6, 13*, 20

June: 3, 10*, 24

July: 1*, 8, 15*, 22

August: 5, 12*, 26

September: 2*, 9, 16*, 23

October: 7, 21*, 28

November: 4, 11*, 18

December: 2, 9*, 23, 30*

***Denotes sparring only from 6:00-7:00pm**