

Sealed Mindset Classes for April 2013

CODES:

DDS = Daily Defensive Shooting

DF = Defensive Fitness Classes

** = \$20 additional cost class (simunition rounds)

MONDAY **April 1st, 2013**

DF: Defensive Crossfit II	12 – 1:00 pm
DF: Kali – Stick & Knife Defense	5 – 6:30 pm
DDS Level I Carbine (Field strip/function)	5 - 6:30 pm
DDS Level I (Shooting Fundamentals)	7 - 8:30 pm

TUESDAY **April 2nd, 2013**

DDS Level 3 (Live Fire/Malfunctions)	9:30 – 11 am
DF: Defensive Crossfit I	12 - 1:00 pm
DDS Level I (Loading/Unloading)	5 - 6:30 pm
Mixed Levels LIVE FIRE Drills	7 – 8:30 pm
Dynamic Defensive Response	7 – 8:30 pm

Yoga 7 – 8 pm

WEDNESDAY April 3rd, 2013

Live Scenario** 5 – 6:30 pm

DDS Defensive Carbine Level 3(Reloads) 5 – 6:30 pm

DDS Level 2 (Live Fire) 7 – 8:30 pm

DF: Improvised Weapons 7 – 8:30 pm

THURSDAY April 4th, 2013

DDS Level 4 (Scenarios) 9:30 – 11 am

DDS Level I (Live Fire) 12 - 1:30 pm

DF: Defensive Crossfit II 5 – 6:00 pm

DF: Defensive Crossfit I 6 - 7:00 pm

DF: Striking Defense (Muay Thai) 5 – 6:30 pm

DDS Level 3 (Live Fire/Malfunctions) 7 – 8:30 pm

FRIDAY April 5th, 2013

Defensive Carbine Level 2 (Deterrence) 3 - 4:30 pm

DDS Level 4 (Scenarios) 5 - 6:30 pm

DF: Brazilian Jiu Jitsu

5 – 6:30 pm

SATURDAY

April 6th, 2013

Indoc - Session 1

9 - 10 am

Indoc - Session 2

10 - 11:30 am

DF: Yoga

10:30 - 11:30 am

DF: Defensive Crossfit II

12 - 1:00 pm

DDS Level 1 (Never Unarmed)

12 - 1:30 pm

SUNDAY

April 7th, 2013

DDS Level 2 (Live Fire)

12 - 1:30 pm

DDS Level 1 (Shooting Fundamentals)

2 - 3:30 pm

MONDAY

April 8th, 2013

DF: Defensive Crossfit II

12 – 1:00 pm

Defensive Carbine Level 1 (Load/Unload)

5 – 6:30 pm

DF: Kali – Stick & Knife Defense

5 – 6:30 pm

DDS Level 1 (Loading/Unloading) 7 - 8:30 pm

TUESDAY April 9th, 2013

DDS Level 3 (Scenarios) 9:30 – 11 am

DF: Defensive Crossfit I 12 - 1:00 pm

DDS Level I (Live Fire Range) 5 - 6:30 pm

DF: Dynamic Defensive Response 7 - 8:30 pm

DDS Mixed Levels LIVE FIRE Drills 7 – 8:30 pm

DF: Yoga 7 – 8 pm

WEDNESDAY April 10th, 2013

Movement 5 – 6:30 pm

DDS Defensive Carbine Level 3 (Reloads w Stress) 5 – 6:30 pm

DDS Level 2 (Deterrence) 7 – 8:30 pm

DF: Improvised Weapons 7 – 8:30 pm

THURSDAY April 11th, 2013

DDS Level 4 (High Retention-Draw) 9:30 – 11 am

DDS Level I (Never Unarmed) 12 - 1:30 pm

DF: Defensive Crossfit II 5 – 6:00 pm

DF: Striking Defense (Muay Thai) 5 – 6:30 pm

DF: Defensive Crossfit I 6 - 7:00 pm

DDS Level 3 (Scenarios) 7 – 8:30 pm

FRIDAY

April 12th, 2013

Defensive Carbine Level 2 (Live Fire/Hammer Pairs) 3 - 4:30pm

DDS Level 4 (High Retention-Draw) 5 – 6:30 pm

DF: Brazilian Jiu Jitsu 5 – 6:30 pm

SATURDAY

April 13th, 2013

Indoc - Session 1 9 - 10 am

Indoc - Session 2 10 - 11:30 am

DF: Yoga 10:30 - 11:30 am

DF: Defensive Crossfit II 12 - 1:30 pm

DDS Level 1 (Shooting Fundamentals) 12 - 1:30 pm

SUNDAY**April 14th, 2013**

DDS Level 2 (Deterrence) 12 - 1:30pm
DDS Level 1 (Loading and Unloading) 2 - 3:30 pm

MONDAY**April 15th, 2013**

DF: Defensive Crossfit II 12 – 1:00 pm
Defensive Carbine Level 1 (Shooting Fundamentals) 5 – 6:30 pm
DF: Kali – Stick & Knife Defense 5 – 6:30 pm
DDS Level 1 (Live Fire) 7 - 8:30 pm

TUESDAY**April 16th, 2013**

DDS Level 3 (Reloads) 9:30 – 11 am
DF: Defensive Crossfit I 12 - 1:00 pm
DDS Level I (Never Unarmed) 5 - 6:30 pm
Dynamic Defense Response 7 - 8:30 pm
DDS Mixed Levels LIVE FIRE Drills 7 – 8:30 pm
DF: Yoga 7 – 8 pm

WEDNESDAY**April 17th, 2013**

Live Scenario Class	5 – 6:30 pm
DDS Defensive Carbine Level 3(Reloads Live Fire)	5 – 6:30 pm
DDS Level 2 (Alt Carry)	7 – 8:30 pm
DF: Improvised Weapons	7 – 8:30 pm

THURSDAY **April 18th, 2013**

DDS Level 4 (High Retention w/MTT)	9:30 – 11 am
DDS Level 1 (Never Unarmed)	12:00 - 1:30 pm
DF: Defensive Crossfit II	5 – 6:00 pm
DF: Striking Defense (Muay Thai)	5 – 6:30 pm
DF: Defensive Crossfit I	6 - 7 pm
DDS Level 3 (Reloads)	7 – 8:30 pm

FRIDAY **April 19th, 2013**

Defensive Carbine Level 2 (Kneeling, Prone, Supine)	3 - 4:30pm
DDS Level 4 (High Retention w/MTT)	5 – 6:30 pm
DF: Brazilian Jiu Jitsu	5 – 6:30 pm

SATURDAY **April 20th, 2013**

Indoc - Session 1	9 - 10 am
Indoc - Session 2	10 - 11:30 am
DF: Yoga	10:30 - 11:30 am
DF: Defensive Crossfit II	12 - 1:00 pm
DDS Level 1 (Loading/Unloading)	12 - 1:30 pm

SUNDAY **April 21st, 2013**

DDS Level 2 (Alt Carry)	12 - 1:30 pm
DDS Level 1 (Live Fire)	2 - 3:30 pm

MONDAY **April 22nd, 2013**

DF: Defensive Crossfit II	12 – 1:00 pm
Defensive Carbine Level 1 (Live Fire Range)	5 – 6:30 pm
DF: Kali – Stick & Knife Defense	5 – 6:30 pm
DDS Level 1 (Never Unarmed)	7 - 8:30 pm

TUESDAY**April 23rd, 2013**

DDS Level 3 (Reloads w/ Stress Ladders)	9:30 – 11 am
DF: Defensive Crossfit I	12 - 1:00 pm
DDS Level I (Shooting Fundamentals)	5 - 6:30 pm
DDS Mixed Levels LIVE FIRE Drills	7 – 8:30 pm
DF: Yoga	7 – 8 pm

WEDNESDAY**April 24th, 2013**

Movement Class	5 – 6:30 pm
DDS Defensive Carbine Level 3(Malfunctions)	5 – 6:30 pm
DDS Level 2 (Never Unarmed)	7 - 8:30 pm
DF: Improvised Weapons	7 – 8:30 pm

THURSDAY**April 25th, 2013**

DDS Level 4 (High Retention - Live Flow)	9:30 – 11 am
DDS Level 1 (Loading/Unloading)	12:00 - 1:30 pm

DF: Defensive Crossfit II 5 – 6:00 pm

DF: Striking Defense (Muay Thai) 5 – 6:30 pm

DF: Defensive Crossfit I 6 - 7:00 pm

DDS Level 3 (Reloads w/ Stress Ladders) 7 – 8:30 pm

FRIDAY April 26th, 2013

Defensive Carbine Level 2 (Wall Bracing) 3 - 4:30 pm

DDS Level 4 (High Retention -Flow) 5 – 6:30 pm

DF: Brazilian Jiu Jitsu 5 – 6:30 pm

SATURDAY April 27th, 2013

Indoc - Session 1 9 - 10 am

Indoc - Session 2 10 - 11:30 am

DF: Yoga 10:30 - 11:30 am

DF: Defensive Crossfit II 12 - 1:00 pm

DDS Level 1 (Live Fire) 12 - 1:30 pm

SUNDAY April 28th, 2013

DDS Level 2 (Never Unarmed) 12 - 1:30 pm

DDS Level 1 (Never Unarmed) 2 - 3:30 pm

MONDAY April 29th, 2013

DF: Defensive Crossfit II 12 – 1:00 pm

Defensive Carbine Level 1 (Function/Field Strip) 5 – 6:30 pm

DF: Kali – Stick & Knife Defense 5 – 6:30 pm

DDS Level 1 (Shooting Fundamentals) 7 - 8:30 pm

TUESDAY April 30th, 2013

DDS Level 3 (Reloads/Live Fire) 9:30 – 11 am

DF: Defensive Crossfit I 12 - 1:00 pm

DDS Level I (Loading/Unloading) 5 - 6:30 pm

DDS Mixed Levels LIVE FIRE Drills 7 – 8:30 pm

DF: Yoga 7 – 8 pm

Sealed Mindset Classes for May 2013

CODES:

DDS = Daily Defensive Shooting

DF = Defensive Fitness Classes

** = \$20 additional cost class (simunition rounds)

WEDNESDAY **May 1st, 2013**

Live Scenario**	5 – 6:30 pm
DDS Defensive Carbine Level 3(Mal w/ Stess)	5 – 6:30 pm
DDS Level 2 (Draw)	7 – 8:30 pm
DF: Improvised Weapons	7 – 8:30 pm

THURSDAY **May 2nd, 2013**

DDS Level 4 (High Retention with Live Fire)	9:30 – 11 am
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DDS Level 1 (Live Fire)	12 - 1:30 pm
DF: Defensive Crossfit II	5 – 6:00 pm
DF: Defensive Crossfit I	6 - 7:00 pm
DF: Striking Defense (Muay Thai)	5 – 6:30 pm
DDS Level 3 (Reloads/Live Fire)	7 – 8:30 pm

FRIDAY **May 3rd, 2013**

Defensive Carbine Level 2: (Live Alt Positions)	3 - 4:30 pm
DDS Level 4 (Never Unarmed)	5 - 6:30 pm
DF: Brazilian Jiu Jitsu	5 – 6:30 pm

SATURDAY **May 4th, 2013**

Indoc - Session 1	9 - 10 am
Indoc - Session 2	10 - 11:30 am
DF: Yoga	10:30 - 11:30 am
DF: Defensive Crossfit II	12 - 1:00 pm
DDS Level 1 (High Retention w/ Live)	12 - 1:30 pm

SUNDAY **May 5th, 2013**

DDS Level 2 (Draw) 12 - 1:30 pm

DDS Level 1 (Shooting Fundamentals) 2 - 3:30 pm

MONDAY May 6th, 2013

DF: Defensive Crossfit II 12 – 1:00 pm

Defensive Carbine Level 1 (Load/Unload) 5 – 6:30 pm

DF: Kali – Stick & Knife Defense 5 – 6:30 pm

DDS Level 1 (Loading/Unloading) 7 - 8:30 pm

TUESDAY May 7th, 2013

DDS Level 3 (Never Unarmed) 9:30 – 11 am

DF: Defensive Crossfit I 12 - 1:00 pm

DDS Level I (Live Fire) 5 - 6:30 pm

DF: Dynamic Defensive Response 7 - 8:30 pm

DDS Mixed Levels LIVE FIRE Drills 7 – 8:30 pm

DF: Yoga 7 – 8 pm

WEDNESDAY May 8h, 2013

Movement 5 – 6:30 pm

DDS Defensive Carbine Level 3(Mal w/ Live Fire) 5 – 6:30 pm

DDS Level 2 (Draw & Deterrence) 7 – 8:30 pm

DF: Improvised Weapons 7 – 8:30 pm

THURSDAY May 9th, 2013

DDS Level 4 (Never Unarmed) 9:30 – 11 am

DDS Level 1 (Never Unarmed) 12 - 1:30 pm

DF: Defensive Crossfit II 5 – 6:00 pm

DF: Striking Defense (Muay Thai) 5 – 6:30 pm

DF: Defensive Crossfit I 6 - 7:00 pm

DDS Level 3 (Never Unarmed) 7 – 8:30 pm

FRIDAY May 10th, 2013

Defensive Carbine Level 2 (Scenarios) 3 - 4:30pm

DDS Level 4 (Never Unarmed) 5 – 6:30 pm

DF: Brazilian Jiu Jitsu 5 - 6:30 pm

SATURDAY May 11th, 2013

Indoc - Session 1 9 - 10 am

Indoc - Session 2 10 - 11:30 am

DF: Yoga 10:30 - 11:30 am

DF: Defensive Crossfit II 12 - 1:30 pm

DDS Level 1 (Shooting Fundamentals) 12 - 1:30 pm

SUNDAY May 12th, 2013

DDS Level 2 (Draw & Deterrence) 12 - 1:30pm

DDS Level 1 (Loading/Unloading) 2 - 3:30 pm

MONDAY May 13th, 2013

DF: Defensive Crossfit II 12 – 1:00 pm

Defensive Carbine Level 1 (Shooting Fund.) 5 – 6:30 pm

DF: Kali – Stick & Knife Defense 5 – 6:30 pm

DDS Level 1: (Live Fire) 7 - 8:30 pm

TUESDAY May 14th, 2013

DDS Level 3 (Malfunctions) 9:30 – 11 am

DF: Defensive Crossfit I 12 - 1:00 pm

DDS Level 1 (Never Unarmed) 5 - 6:30 pm

Dynamic Defense Response 7 - 8:30 pm

DDS Mixed Levels LIVE FIRE Drills 7 – 8:30 pm

DF: Yoga 7 – 8 pm

WEDNESDAY May 15th, 2013

Live Scenario Class 5 – 6:30 pm

DDS Defensive Carbine Level 3(Scenario) 5 – 6:30 pm

DDS Level 2 (MTT) 7 – 8:30 pm

DF: Improvised Weapons 7 – 8:30 pm

THURSDAY May 16th, 2013

DDS Level 4 (Deep Retention) 9:30 – 11 am

DDS Level 1 (Shooting Fundamentals) 12 - 1:30 pm

DF: Defensive Crossfit II 5 – 6:00 pm

DF: Striking Defense (Muay Thai) 5 – 6:30 pm

DF: Defensive Crossfit I 6 - 7 pm

DDS Level 3 (Malfunctions) 7 – 8:30 pm

FRIDAY May 17th, 2013

Defensive Carbine Level 2 (Mount)	3 - 4:30pm
DDS Level 4 (Deep Retention)	5 – 6:30 pm
DF: Brazilian Jiu Jitsu	5 - 6:30 pm

SATURDAY **May 18th, 2013**

Indoc - Session 1	9 - 10 am
Indoc - Session 2	10 - 11:30 am
DF: Yoga	10:30 - 11:30 am
DF: Defensive Crossfit II	12 - 1:00 pm
DDS Level 1 (Loading/Unloading)	12 - 1:30 pm

SUNDAY **May 19th, 2013**

DDS Level 2 (MTT)	12 - 1:30 pm
DDS Level 1 (Live Fire)	2 - 3:30 pm

MONDAY **May 20th, 2013**

DF: Defensive Crossfit II	12 – 1:00 pm
Defensive Carbine Level 1 (Live Fire)	5 – 6:30 pm
DF: Kali – Stick & Knife Defense	5 – 6:30 pm

DDS Level 1 (Never Unarmed) 7 - 8:30 pm

TUESDAY May 21st, 2013

DDS Level 3 (Malfunctions w/ Stress Ladders) 9:30 – 11 am

DF: Defensive Crossfit I 12 - 1:00 pm

DDS Level 1 (Shooting Fundamentals) 5 - 6:30 pm

DDS Mixed Levels LIVE FIRE Drills 7 – 8:30 pm

DF: Yoga 7 – 8 pm

WEDNESDAY May 22nd, 2013

Movement Class 5 – 6:30 pm

DDS Defensive Carbine Level 3(Reloads) 5 – 6:30 pm

DDS Level 2 (Scenarios) 7 - 8:30 pm

DF: Improvised Weapons 7 – 8:30 pm

THURSDAY May 23rd, 2013

DDS Level 4 (Deep Retention w/ MTT) 9:30 – 11 am

DDS Level 1 (Loading/Unloading) 12 - 1:30 pm

DF: Defensive Crossfit II 5 – 6:00 pm

DF: Striking Defense (Muay Thai) 5 – 6:30 pm

DF: Defensive Crossfit I

6 - 7:00 pm

DDS Level 3 (Malfunctions w/ Stress Ladders)

7 – 8:30 pm

FRIDAY

May 24th, 2013

Defensive Carbine Level 2(Deterrence)

3 - 4:30 pm

DDS Level 4 (Deep Retention w/ MTT)

5 – 6:30 pm

Brazilian Jiu Jitsu

5- 6:30 pm

SATURDAY

May 25th, 2013

Indoc - Session 1

9 - 10 am

Indoc - Session 2

10 - 11:30 am

DF: Yoga

10:30 - 11:30 am

DF: Defensive Crossfit II

12 - 1:00 pm

DDS Level 1 (Live Fire)

12 - 1:30 pm

SUNDAY

May 26th, 2013

DDS Level 2 (Scenarios) 12 - 1:30 pm

DDS Level 1 (Never Unarmed) 2 - 3:30 pm

MONDAY May 27th, 2013

DF: Defensive Crossfit II 12 – 1:00 pm

Defensive Carbine Level 1 (Field Strip/Function) 5 – 6:30 pm

DF: Kali – Stick & Knife Defense 5 – 6:30 pm

DDS Level 1 (Shooting Fundamentals) 7 - 8:30 pm

TUESDAY May 28th, 2013

DDS Level 3 (Malfunctions/Live Fire) 9:30 – 11 am

DF: Defensive Crossfit I 12 - 1:00 pm

DDS Level I (Loading/Unloading) 5 - 6:30 pm

DDS Mixed Levels LIVE FIRE Drills 7 – 8:30 pm

DF: Yoga 7 – 8 pm

WEDNESDAY May 29th, 2013

Movement Class 5 – 6:30 pm

DDS Defensive Carbine Level 3(Reloads w/ Stess) 5 – 6:30 pm

DDS Level 2 (Live Fire Range) 7 - 8:30 pm

DF: Improvised Weapons 7 – 8:30 pm

THURSDAY**May 30th 2013**

DDS Level 4 (Deep Retention w/ Flow)	9:30 – 11 am
DDS Level 1 (Live Fire)	12 - 1:30 pm
DF: Defensive Crossfit II	5 – 6:00 pm
DF: Striking Defense (Muay Thai)	5 – 6:30 pm
DF: Defensive Crossfit I	6 - 7:00 pm
DDS Level 3 (Malfunctions/Live Fire)	7 – 8:30 pm

FRIDAY**May 31st, 2013**

Defensive Carbine Level 2 (Live Fir/hammer pairs)	3 - 4:30 pm
DDS Level 4 (Deep Retention w/ Flow)	5 – 6:30 pm
Brazilian Jiu Jitsu	5 - 6:30 pm