

March Calendar

New Classes and MORE!

Communal Flo - FREE to the public - Monday & Wednesday 8:00 PM - 9:00 PM, Sunday 10:00 AM - 11:00 AM Experience this relaxing and rejuvenating open time to mindfully create movement or consciously sit and meditate.

New Adult Day BJJ Class - Thursday 12:00 PM - 1:00 PM

3/11 – Women’s 6-Week Self-Defense Course begins.

When: Sunday’s 11:00 AM – 12:00 PM Cost: \$120 Includes all training / materials
No experience necessary - For women by women.

3/15 Members Open Roll – Thursday 7:00 PM – 9:00 PM (stay as long as you like) 7:00 PM – 7:30 PM Warm up / stretching, 7:30 PM – 8:30 PM Open Roll Stay as long as you like.

3/15 – Kids Jiu-Jitsu Game Night – Bring a Buddy too! Friends are FREE 5:15 PM – 6:00 PM

3/24 – FREE “Flash” Seminar for members 12:00 PM – 1:30 PM “Triangle Chokes – 101”
Cost: \$30 non-member

Training Tips - Take copious notes! Whether you’re doing BJJ or Kickboxing it’s important to track your training. Get yourself a nice notebook (don’t go cheap - get something you really like that makes you feel good). Every session before you leave as you sit in your car jot down some quick notes. Document how you felt training (physically and mentally), any new techniques you learned and details, any “A-Ha!” moments and any other relevant notes. *Electronic versus paper notes?* I generally recommend using paper and pen for notes. The physical act of writing notes will help you anchor the information better in your brain. If you’re a technology minded person you can always take a picture of the notes with your phone so you always have them at your disposal for review.

The Five “P’s” Proper Planning Prevents Poor Performance - It’s important that you set yourself up for success not failure. This means that, especially on the days you train, you eat and drink as clean as possible. Consume plenty of clean, filtered water. Stay away from “junk” foods and processed foods. Get a good nights sleep. If you have trouble falling asleep after training then try the following: Dim the lighting as you get closer to bedtime, meditate, read before bed, try to create the atmosphere for sleep. Create a bedtime ritual that centers around low level stimulation. In other words don’t watch the news or violent movies / tv shows before bed! If you’re simply not tired, then do things throughout the day tire yourself...maybe come to class more! Remember to do things that serve you, not that work against you.

Good for TWO FREE Classes

Jiu-Jitsu + Kickboxing

Kids & Adults www.FloLifeBJJ.com



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