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| Week # | Date | Monday/Tuesday | Thursday/Friday | Curriculum | Special Events |
| 1 | June 26th  To  July 1st | PD-Basic  Warm-up 1 | PD-Combination  Warm-up 1 | OSS | CLOSED |
| 2 | July  3rd-8th | CLOSED | CLOSED |  | 3rd-8th CLOSED |
| 3 | July  10th-15th | DST- Basics  Warm-up 2 | DST- 1,2,3,4  Warm-up 2 | OSS | 14th-Team Q23 OSS/SD M Test |
| 4 | July  17th-22nd | PD-Counterattack  Warm-up 3 | PD-Sparring  Warm-up 1 | OSS/T | 17th-20th- Summer Camp week #2  22nd- Team Q23 Final 4-hour class |
| 5 | July  24th-29th | Testing Preparation  Warm-up 4 | Testing | T | 27th- Belt Testing |
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| 6 | July 31st  To  August 5th | PD-Basic  Warm-up 1 | PD-Combination  Warm-up 1 | P | 31st-3rd- Summer Camp week #3  4th-6th GMC 40th Anniversary Party- Buffalo |
| 7 | August  7th-12th | DST- Speed  Warm-up 2 | Big Shield  Warm-up 2 | P | 8th- Back to School- Greenville, SC |
| 8 | August  14th-19th | PD-Counterattack  Warm-up 3 | PD-Sparring  Warm-up 1 | P/OSS | 18th-20th- College Move-In |
| 9 | August  21st-26th | Testing Preparation  Warm up 4/5 | Testing Preparation  Warm up 4/5 | P/OSS | 26th- Back to School BAF Day |
| 10 | August 28th  To  September 2nd | Testing Preparation  Warm up 4 | Testing    Special Classes  Warm up 1 | T | 31st-Belt Testing  Sept. 2nd- Black Belt Testing Team Q23 |
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**July/August 2023 Monthly Class Management**