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|  Week # | Date | Monday/Tuesday | Thursday/Friday | Curriculum | Special Events |
| 1 | June 26thToJuly 1st | PD-BasicWarm-up 1 | PD-CombinationWarm-up 1 | OSS | CLOSED |
| 2 | July 3rd-8th  | CLOSED | CLOSED |  | 3rd-8th CLOSED |
| 3 | July10th-15th | DST- BasicsWarm-up 2 | DST- 1,2,3,4Warm-up 2 | OSS | 14th-Team Q23 OSS/SD M Test |
| 4 | July 17th-22nd | PD-CounterattackWarm-up 3 | PD-SparringWarm-up 1 | OSS/T | 17th-20th- Summer Camp week #222nd- Team Q23 Final 4-hour class |
| 5 | July 24th-29th | Testing PreparationWarm-up 4 | Testing   | T | 27th- Belt Testing |
|  |   |  |  |  |  |
| 6 | July 31stToAugust 5th  | PD-BasicWarm-up 1 | PD-CombinationWarm-up 1 | P | 31st-3rd- Summer Camp week #34th-6th GMC 40th Anniversary Party- Buffalo |
| 7 | August 7th-12th  | DST- SpeedWarm-up 2 | Big ShieldWarm-up 2 | P | 8th- Back to School- Greenville, SC |
| 8 | August 14th-19th  | PD-CounterattackWarm-up 3 | PD-SparringWarm-up 1 | P/OSS | 18th-20th- College Move-In |
| 9 | August21st-26th | Testing PreparationWarm up 4/5 | Testing PreparationWarm up 4/5 | P/OSS | 26th- Back to School BAF Day |
| 10 | August 28thToSeptember 2nd | Testing PreparationWarm up 4 | Testing   Special Classes  Warm up 1 | T | 31st-Belt TestingSept. 2nd- Black Belt Testing Team Q23 |
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**July/August 2023 Monthly Class Management**