



COMPLETE MARTIAL ARTS CLASS CURRICULUM

July 2019

Mon	Tue	Wed	Thu	Fri	Sat
1 10:15 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Trainer Choice 7:30 Boxing - Adult	2 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Fitness - Cardio 7:30 Taekwondo - Adults	3 10:15 Forms/Self Defense 4:45 Forms/Self Defense 5:30 BLACK BELT ONLY 6:30 Fitness - Upper Body	4 CMA CLOSED HAPPY JULY 4TH WEEKEND	5 CMA CLOSED HAPPY JULY 4TH WEEKEND	6 CMA CLOSED HAPPY JULY 4TH WEEKEND
8 10:15 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Fitness - Lower Body 7:30 Boxing - Adult	9 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness - Kick Boxing 7:30 Taekwondo - Adults	10 10:15 Forms/Weapons 4:45 Forms/Weapons 5:30 BLACK BELT ONLY 6:30 Fitness - Cardio	11 4:45 BOARD BREAIING 5:30 Nationals Team 6:30 Fitness - Upper Body 7:30 Taekwondo - Adults	12 10:15 Forms/Sparring 4:45 Jiu Jitsu w/friends 5:30 Friend Day 6:30 Fitness - Full Body 7:30 Jiu Jitsu - Adults	13 9:00 TKD Tigers 10:00 Family Class 11:15 Nationals Team
15 10:15 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Full Body	16 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Fitness - Lower Body 7:30 Taekwondo - Adults	17 10:15 Forms/Sparring 4:45 Forms/Sparring 5:30 BLACK BELT ONLY 6:30 Fitness - Trainer Choice	18 4:45 Forms/Weapons 5:30 Nationals Team 6:30 Fitness - Cardio 7:30 Taekwondo - Adults	19 10:15 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Fitness - Upper Body 7:30 Jiu Jitsu - Adults	20 9:00 TKD Tigers 10:00 Family Class 11:15 Nationals Team
22 10:15 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Fitness - Upper Body	23 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness - Full Body 7:30 Taekwondo - Adults	24 CMA CLOSED NATIONALS COMPETITION SHREVEPORT, LA	25 CMA CLOSED NATIONALS COMPETITION SHREVEPORT, LA	26 CMA CLOSED NATIONALS COMPETITION SHREVEPORT, LA	27 CMA CLOSED NATIONALS COMPETITION SHREVEPORT, LA
29 CMA CLOSED NATIONALS COMPETITION SHREVEPORT, LA	30 CMA CLOSED NATIONALS COMPETITION SHREVEPORT, LA	31 10:15 Forms/Sparring 4:45 Forms/Sparring 5:30 BLACK BELT ONLY 6:30 Fitness - Full Body			