



# COMPLETE MARTIAL ARTS CLASS CURRICULUM

## October 2019

Mon	Tue	Wed	Thu	Fri	Sat
<b>*** CMA DAY CAMP***</b> 30 10:15 Forms/Self Defense <b>4:00 BLACK BELT ONLY</b> 4:45 Forms/Self Defense 5:30 Forms/Self Defense <b>6:30 Fitness - Cardio</b> <b>7:30 Boxing - Adult</b>	<b>*** CMA DAY CAMP***</b> 1 4:00 Forms/Sparring <b>4:45 Jiu Jitsu - Kids</b> 5:30 Forms/Sparring <b>6:30 Fitness - Full Body</b> <b>7:30 Taekwondo - Adults</b>	2 10:15 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills <b>5:30 BLACK BELT ONLY</b> <b>6:30 Fitness - Lower Body</b>	3 4:00 Forms/Sparring 4:45 Forms/Sparring <b>5:30 Demonstration Team</b> <b>6:30 Fitness-Trainer Choice</b> <b>7:30 Taekwondo - Adults</b>	4 10:15 Forms/Weapons 4:00 Forms/Sparring <b>4:45 Jiu Jitsu w/friends</b> <b>5:30 FRIEND DAY!!</b> <b>6:30 Fitness - Upper Body</b> <b>7:30 Jiu Jitsu - Adults</b>	5 <b>9:00 TKD Tigers</b> <b>10:00 Family Class</b> <b>11:15 Demonstration Team</b> Royler Gracie Seminar 56 Payne Road, Lebanon NJ Kids @ 11am Adults @ 1pm
7 10:15 Forms/Weapons <b>4:00 BLACK BELT ONLY</b> 4:45 Forms/Weapons 5:30 Forms/Weapons <b>6:30 Fitness - Upper Body</b> <b>7:30 Boxing - Adult</b>	8 4:00 Forms/Self Defense <b>4:45 Jiu Jitsu - Kids</b> 5:30 Forms/Self Defense <b>6:30 Fitness - Cardio</b> <b>7:30 Taekwondo - Adults</b>	<b>*** CMA DAY CAMP***</b> 9 10:15 Forms/Sparring <b>4:00 FRIEND DAY !!</b> <b>4:45 FRIEND DAY !!</b> <b>5:30 BLACK BELT ONLY</b> <b>6:30 Fitness - Full Body</b>	10 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills <b>5:30 Demonstration Team</b> <b>6:30 Fitness - Lower Body</b> <b>7:30 Taekwondo - Adults</b>	11 10:15 Forms/Sparring 4:00 Forms/Sparring <b>4:45 Jiu Jitsu - Kids</b> 5:30 Forms/Sparring <b>6:30 Fitness - Kick Boxing</b> <b>7:30 Jiu Jitsu - Adults</b>	12 <b>9:00 TKD Tigers</b> <b>10:00 Family Class</b> <b>11:15 Demonstration Team</b>
<b>*** CMA DAY CAMP***</b> 14 10:15 Forms/Sparring <b>4:00 BLACK BELT ONLY</b> 4:45 Forms/Sparring 5:30 Forms/Sparring <b>6:30 Fitness-Trainer Choice</b> <b>7:30 Boxing - Adult</b>	15 4:00 Forms/Weapons <b>4:45 Jiu Jitsu - Kids</b> 5:30 Forms/Weapons <b>6:30 Fitness - Upper Body</b> <b>7:30 Taekwondo - Adults</b>	16 10:15 Forms/Self Defense 4:00 Forms/Self Defense 4:45 Forms/Self Defense <b>5:30 BLACK BELT ONLY</b> <b>6:30 Fitness - Cardio</b>	17 4:00 Forms/Sparring 4:45 Forms/Sparring <b>5:30 Demonstration Team</b> <b>6:30 Fitness - Full Body</b> <b>7:30 Taekwondo - Adults</b>	18 10:15 Forms/Pad Drills 4:00 Forms/Pad Drills <b>4:45 Jiu Jitsu - Kids</b> 5:30 Forms/Pad Drills <b>6:30 Fitness - Lower Body</b> <b>7:30 Jiu Jitsu - Adults</b>	19 <b>9:00 TKD Tigers</b> <b>10:00 Family Class</b> <b>11:15 Demonstration Team</b>
21 10:15 TEST REVIEW <b>4:00 BLACK BELT ONLY</b> 4:45 TEST REVIEW 5:30 TEST REVIEW <b>6:30 Fitness - Lower Body</b> <b>7:30 Boxing - Adult</b>	22 4:00 TEST REVIEW <b>4:45 Jiu Jitsu - Kids</b> 5:30 TEST REVIEW <b>6:30 Fitness - Kick Boxing</b> <b>7:30 Taekwondo - Adults</b>	23 10:15 TEST REVIEW 4:00 TEST REVIEW 4:45 TEST REVIEW <b>5:30 BLACK BELT ONLY</b> <b>6:30 Fitness - Upper Body</b>	24 4:00 TEST REVIEW 4:45 TEST REVIEW <b>5:30 Demonstration Team</b> <b>6:30 Fitness - Cardio</b> <b>7:30 Taekwondo - Adults</b>	25 10:15 TEST REVIEW 4:00 TEST REVIEW <b>4:45 Jiu Jitsu - Kids</b> 5:30 TEST REVIEW <b>6:30 Fitness - Full Body</b> <b>7:30 Jiu Jitsu - Adults</b>	26 <b>9:00 TKD Tigers</b> <b>10:00 Color Belt and Black Belt Testing</b>
28 10:15 Forms/Sparring <b>4:00 BLACK BELT ONLY</b> 4:45 Forms/Sparring 5:30 Forms/Sparring <b>6:30 Fitness - Full Body</b> <b>7:30 Boxing - Adult</b>	29 4:00 Forms/Pad Drills <b>4:45 Jiu Jitsu - Kids</b> 5:30 Forms/Pad Drills <b>6:30 Fitness - Lower Body</b> <b>7:30 Taekwondo - Adults</b>	30 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring <b>5:30 BLACK BELT ONLY</b> <b>6:30 Fitness-Trainer Choice</b>	31 <b>Happy Halloween!</b>  <b>No Regular Classes</b>	1 10:15 Forms/Self Defense  <b>Halloween Party</b> 5:00 pm - 7:00 pm <b>Please wear your costume!</b>	2 <b>9:00 TKD Tigers</b> <b>10:00 Family Class</b> <b>11:15 Demonstration Team</b>