



# COMPLETE MARTIAL ARTS CLASS CURRICULUM

## September 2019

Mon	Tue	Wed	Thu	Fri	Sat
2 <b>CMA CLOSED</b>	3 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>	4 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring <b>5:30 BLACK BELT ONLY</b> <b>6:30 Fitness - Full Body</b>	5 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>	6 10:15 Forms/Sparring <b>4:45 Jiu Jitsu - Kids</b> 5:30 Forms/Sparring <b>6:30 Fitness-Trainer Choice</b> <b>7:30 Jiu Jitsu - Adults</b>	7 <b>9:00 TKD Tigers</b> <b>10:00 Family Class</b> <b>11:15 Demonstration Team</b>
9 10:15 Forms/Sparring <b>4:00 BLACK BELT ONLY</b> 4:45 Forms/Sparring 5:30 Forms/Sparring <b>6:30 Fitness - Kick Boxing</b> <b>7:30 Boxing - Adult</b>	10 <b>**CMA VIDEO SHOOT**</b> 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>	11 <b>10:15 Board Breaking</b> <b>4:00 Board Breaking</b> <b>4:45 Board Breaking</b> <b>5:30 BLACK BELT ONLY</b> <b>6:30 Fitness - Cardio</b>	12 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>	13 10:15 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>	14 <b>9:00 TKD Tigers</b> <b>10:00 Family Class</b> <b>11:15 Demonstration Team</b>
16 10:15 Forms/Pad Drills <b>4:00 BLACK BELT ONLY</b> 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills <b>6:30 Fitness - Lower Body</b> <b>7:30 Boxing - Adult</b>	17 4:00 Forms/Sparring <b>4:45 Jiu Jitsu - Kids</b> 5:30 Forms/Sparring <b>6:30 Fitness-Trainer Choice</b> <b>7:30 Taekwondo - Adults</b>	18 10:15 Forms/Weapons 4:00 Forms/Weapons 4:45 Forms/Weapons <b>5:30 BLACK BELT ONLY</b> <b>6:30 Fitness - Upper Body</b>	19 4:00 Forms/Self Defense 4:45 Forms/Self Defense <b>5:30 Demonstration Team</b> <b>6:30 Fitness - Cardio</b> <b>7:30 Taekwondo - Adults</b>	20 10:15 Forms/Sparring <b>4:45 Jiu Jitsu - Kids</b> 5:30 Forms/Sparring <b>6:30 Fitness - Full Body</b> <b>7:30 Jiu Jitsu - Adults</b>	21 <b>9:00 TKD Tigers</b> <b>10:00 Family Class</b> <b>11:15 Demonstration Team</b>
23 10:15 Forms/Sparring <b>4:00 BLACK BELT ONLY</b> 4:45 Forms/Sparring <b>6:30 Fitness - Lower Body</b> <b>6:30 Fitness - Full Body</b> <b>7:30 Boxing - Adult</b>	24 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>	25 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring <b>5:30 BLACK BELT ONLY</b> <b>6:30 Fitness - Kick Boxing</b>	26 4:00 Forms/Weapons 4:45 Forms/Weapons <b>5:30 Demonstration Team</b> <b>6:30 Fitness - Upper Body</b> <b>7:30 Taekwondo - Adults</b>	27 10:15 Forms/Self Defense <b>4:45 Jiu Jitsu w/friends</b> <b>5:30 FRIEND DAY!!</b> <b>6:30 Fitness - Cardio</b> <b>7:30 Jiu Jitsu - Adults</b>	28 <b>9:00 TKD Tigers</b> <b>10:00 Family Class</b> <b>11:15 Demonstration Team</b>
30 <b>*** CMA DAY CAMP***</b> 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>	1 <b>*** CMA DAY CAMP***</b> 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 <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>