



# Complete Martial Arts & Fitness

## 2020 CLASS SCHEDULE

16 Eisenhower Parkway, Suite 2, Roseland, NJ 07068  
[www.cmanj.com](http://www.cmanj.com) Tel.: (973) 403-0045



TIME	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
5:35 AM	CMA Fitness	CMA Fitness	CMA Fitness	CMA Fitness	CMA Fitness	9:00 AM TKD Tigers
6:30 AM	CMA Fitness	CMA Fitness	CMA Fitness	CMA Fitness	CMA Fitness	10:00 AM Family Class
8:15 AM	CMA Fitness	CMA Fitness	CMA Fitness	CMA Fitness	<b>STRONG</b> by ZUMBA	11:15 Tournament/ Demo Team
9:15 AM	CMA Fitness	CMA Fitness	CMA Fitness	CMA Fitness	CMA Fitness	
10:15 AM	All Adults		All Adults		All Adults	

4:00 PM	<b>Black Belt Class</b>	Children Ages 8 and up	Children Ages 8 and up	Children Ages 8 and up	Children Ages 8 and up
4:45 PM	Little Dragon Ages 7 & under	<b>Jiu Jitsu</b>	Little Dragon Ages 7 & under	Little Dragon Ages 7 & under	<b>Jiu Jitsu</b>
5:30 PM	Children All Ages	Children All Ages	<b>Black Belt Class</b>	Tournament/ Demo Team	Children All Ages

6:30PM	CMA Fitness	CMA Fitness	<b>STRONG</b> by ZUMBA	CMA Fitness	CMA Fitness
7:30 PM		<b>Adult TKD</b>		<b>Adult TKD</b>	<b>Adult Jiu Jitsu</b>

**Class Length**  
 Adult: 60 min.  
 Child: 45 min.  
 Little Dragon: 45 min.  
 TKD Tigers: 45 min.  
 CMA Fitness: 45 min.

**Class by Age**  
 Family Class: All ages  
 Adults: 16+  
 Teenager: 12-15  
 Children 8-11  
 Little Dragon 4-7  
 TKD Tigers 2-4