



# Complete Martial Arts

## 2022 CLASS SCHEDULE



16 Eisenhower Parkway, Suite 2, Roseland, NJ 07068  
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TIME	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
10:00 AM	<b>Taekwondo</b> Adult & Teen		<b>Taekwondo</b> Adult & Teen		<b>Taekwondo</b> Adult & Teen	<b>9:00 AM</b> <b>TKD Tigers</b>
						<b>10:00 AM</b> <b>Tournament</b> & <b>Demo Team</b>

4:00 PM	Little Dragon Ages 4-7	All Ages Ages 4-11	Little Dragon Ages 4-7	Little Dragon Ages 4-7	Little Dragon Ages 4-7
4:45 PM	Children Ages 8 and up	<b>Jiu Jitsu</b> Ages 8 and up	Children Ages 8 and up	Children & BB Ages 8 and up	Children Ages 8 and up
5:30 PM	<b>Black Belt</b>	<b>Black Belt</b>	<b>Black Belt</b>	<b>Jiu Jitsu</b> Ages 8 and up	<b>Black Belt</b>
6:30PM	<b>Taekwondo</b> Adult & Teen	<b>Self Defense</b> Adult & Teen	<b>Taekwondo</b> Adult & Teen	<b>Self Defense</b> Adult & Teen	<b>Jiu Jitsu</b> Adult & Teen
7:30 PM		<b>Taekwondo</b> Adult & Teen	<b>Jiu Jitsu</b> Adult & Teen	<b>Taekwondo</b> Adult & Teen	

Class Length	
Adult:	60 min.
Black Belt:	45 min.
Child:	45 min.
Little Dragon:	45 min.
CMA Fitness:	45 min.
TKD Tigers:	45 min.
Class by Age	
Adults:	16+
Teenager:	12-15
Children:	8-11
Little Dragon:	4-7
TKD Tigers:	2-4