



Complete Martial Arts

2022 Fall CLASS SCHEDULE



16 Eisenhower Parkway, Suite 2, Roseland, NJ 07068
www.cmanj.com Tel.: (973) 403-0045 info@cmanj.com

TIME	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
10:00 AM	Taekwondo Adult & Teen		Taekwondo Adult & Teen		Taekwondo Adult & Teen	9:00 AM TKD Tigers 10:00 AM Tournament & Demo Team

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	Jiu Jitsu Ages 8 and up	Children Ages 8 and up	Children & BB Ages 8 and up	Children Ages 8 and up
5:30 PM	Black Belt	Black Belt	Black Belt	Jiu Jitsu Ages 8 and up	Black Belt
6:30PM	Taekwondo Adult & Teen	Taekwondo Adult & Teen	Taekwondo Adult & Teen	Taekwondo Adult & Teen	Jiu Jitsu Adult & Teen
7:30 PM			Jiu Jitsu 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