



COMPLETE MARTIAL ARTS CLASS CURRICULUM

February 2020

Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
3 10:15 Forms/Sparring 4:00 BLACK BELT ONLY 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Full Body	4 4:00 Forms/Pad Drills 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Fitness - Cardio 7:30 Taekwondo - Adults	5 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba®	6 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Demonstration Team 6:30 Fitness - Full Body 7:30 Taekwondo - Adults	7 10:15 Forms/Self Defense 4:00 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Fitness-Trainers Choice 7:30 Jiu Jitsu - Adults	8 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team Sunday, February 9th 9am Immortal Dragon Winter Tournament
10 10:15 Forms/Self Defense 4:00 BLACK BELT ONLY 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Fitness - Full Body	11 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness - Cardio 7:30 Taekwondo - Adult	12 10:15 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba®	13 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Demonstration Team 6:30 Fitness - Full Body 7:30 Taekwondo - Adults	14 10:15 Friend Day!!! 4:00 Friend Day!!! 4:45 Jiu Jitsu w/friends 5:30 Friend Day!!! 6:30 Fitness-Trainers Choice 7:30 Jiu Jitsu - Adults	15 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
CMA DAY CAMP 17 10:15 Test Review 4:00 BLACK BELT ONLY 4:45 Test Review 5:30 Test Review 6:30 Fitness - Full Body	**CMA DAY CAMP** 18 4:00 Test Review 4:45 Jiu Jitsu - Kids 5:30 Test Review 6:30 Fitness - Cardio 7:30 Taekwondo - Adults	**CMA DAY CAMP** 19 10:15 Test Review 4:00 Test Review 4:45 Test Review 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba®	**CMA DAY CAMP** 20 4:00 Test Review 4:45 Test Review 5:30 Demonstration Team 6:30 Fitness - Full Body 7:30 Taekwondo - Adults	**CMA DAY CAMP** 21 10:15 Test Review 4:00 Test Review 4:45 Jiu Jitsu - Kids 5:30 Test Review 6:30 Fitness-Trainers Choice 7:30 Jiu Jitsu - Adults	22 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team 2:30 Retirement Center Demonstration—Roseland
24 10:15 Test Review 4:00 BLACK BELT ONLY 4:45 Test Review 5:30 Test Review 6:30 Fitness - Full Body	25 4:00 Test Review 4:45 Jiu Jitsu - Kids 5:30 Test Review 6:30 Fitness - Cardio 7:30 Taekwondo - Adults	26 10:15 Test Review 4:00 Test Review 4:45 Test Review 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba®	27 4:00 Test Review 4:45 Test Review 5:30 Demonstration Team 6:30 Fitness - Full Body 7:30 Taekwondo - Adults	28 10:15 Test Review 4:00 Test Review 4:45 Jiu Jitsu - Kids 5:30 Test Review 6:30 Fitness-Trainers Choice 7:30 Jiu Jitsu - Adults	29 9:00 TKD Tigers 10:00 Black Belt & Color Belt Promotion Testing