



COMPLETE MARTIAL ARTS CLASS CURRICULUM

February 2021

Mon	Tue	Wed	Thu	Fri	Sat
1 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Upper Body	2 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Fitness - Cardio 7:30 Taekwondo - Adults	3 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Lower Body	4 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Fitness - Full Body 7:30 Taekwondo - Adults	5 10:15 Forms/Weapons 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons	6 9:00 TKD Tigers 10:00 Family Class
8 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Kickboxing	9 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Fitness - Upper Body 7:30 Taekwondo - Adults	10 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Cardio	11 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Fitness - Lower Body 7:30 Taekwondo - Adults	12 **CMA DAY CAMP**	13 9:00 TKD Tigers 10:00 Family Class
15 **CMA DAY CAMP** 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Full Body	16 **CMA DAY CAMP** 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Fitness-Trainer Choice 7:30 Taekwondo - Adults	17 **CMA DAY CAMP** 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Upper Body	18 **CMA DAY CAMP** 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Fitness - Cardio 7:30 Taekwondo - Adults	19 **CMA DAY CAMP** 10:15 Friend Day!!! 4:00 Friend Day!!! 4:45 Friend Day!!! 5:30 Friend Day!!!	20 9:00 TKD Tigers 10:00 Family Class
22 10:15 Test Review 4:00 Test Review 4:45 Test Review 5:30 Test Review 6:30 Fitness - Lower Body	23 4:00 Test Review 4:45 Test Review 5:30 Test Review 6:30 Fitness - Full Body 7:30 Taekwondo - Adults	24 10:15 Test Review 4:00 Test Review 4:45 Test Review 5:30 Test Review 6:30 Fitness - Kickboxing	25 4:00 Test Review 4:45 Test Review 5:30 Test Review 6:30 Fitness - Upper Body 7:30 Taekwondo - Adults	26 10:15 Test Review 4:00 Test Review 4:45 Test Review 5:30 Test Review	27 9:00 TKD Tigers 10:00 Black Belt & Color Belt Promotion Testing