



COMPLETE MARTIAL ARTS CLASS CURRICULUM

January 2020

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|
| | | CMA CLOSED 1 | 2 | 3 | 4 |
| | |  | 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Demonstration Team 6:30 Fitness - Full Body 7:30 Taekwondo - Adults | 10:15 Forms/Weapons 4:00 Forms/Weapons 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Fitness - Lower Body 7:30 Jiu Jitsu - Adults | 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team |
| 6 | 7 | 8 | 9 | 10 | 11 |
| 10:15 Forms/Self Defense 4:00 BLACK BELT ONLY 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Fitness - Lower Body | 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness - Cardio 7:30 Taekwondo - Adults | 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® | 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Demonstration Team 6:30 Fitness - Kickboxing 7:30 Taekwondo - Adults | 10:15 Forms/Weapons 4:00 Forms/Weapons 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Fitness - Full Body 7:30 Jiu Jitsu - Adults | 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 10:15 Forms/Weapons 4:00 BLACK BELT ONLY 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Fitness - Full Body | 4:00 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Fitness - Lower Body 7:30 Taekwondo - Adults | 10:15 Board Breaking 4:00 Board Breaking 4:45 Board Breaking 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG 7:30 SELF DEFENSE CLASS | 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Demonstration Team 6:30 Fitness - Upper Body 7:30 Taekwondo - Adults | 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness-Trainers Choice 7:30 Jiu Jitsu - Adults | 8:00 SELF DEFENSE CLASS 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team |
| **CMA DAY CAMP** 20 | 21 | 22 | 23 | 24 | 25 |
| 10:15 Forms/Sparring 4:00 BLACK BELT ONLY 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Kickboxing | 4:00 Forms/Weapons 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Fitness - Full Body 7:30 Taekwondo - Adults | 10:15 Forms/Self Defense 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba® | 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Demonstration Team 6:30 Fitness - Cardio 7:30 Taekwondo - Adults | 10:15 Friend Day!!! 4:00 Friend Day!!! 4:45 Jiu Jitsu w/friends 5:30 Friend Day!!! 6:30 Fitness - Upper Body 7:30 Jiu Jitsu - Adults | 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team 2:00 RSTP Shooting Range Union, NJ |
| 27 | 28 | 29 | 30 | 31 | |
| 10:15 Forms/Pad Drills 4:00 BLACK BELT ONLY 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Fitness - Upper Body | 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness-Trainers Choice 7:30 Taekwondo - Adults | 10:15 Forms/Weapons 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba® | 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Demonstration Team 6:30 Fitness - Lower Body 7:30 Taekwondo - Adults | 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness - Cardio 7:30 Jiu Jitsu - Adults | |