



COMPLETE MARTIAL ARTS CLASS CURRICULUM

March 2020

Mon	Tue	Wed	Thu	Fri	Sat
2 10:15 Forms/Weapons 4:00 BLACK BELT ONLY 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Fitness - Lower Body	3 4:00 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Fitness - Full Body 7:30 Taekwondo - Adults	4 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba®	5 4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Demonstration Team 6:30 Fitness - Upper Body 7:30 Taekwondo - Adults	6 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	7 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
9 10:15 Forms/Sparring 4:00 BLACK BELT ONLY 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Cardio	10 4:00 Forms/Weapons 4:45 Jiu Jitsu - Kids 5:30 Forms/Weapons 6:30 Fitness - Lover Body 7:30 Taekwondo - Adults	11 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®	12 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 Demonstration Team 6:30 Fitness - Kickboxing 7:30 Taekwondo - Adults	13 10:15 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Fitness - Upper Body 7:30 Jiu Jitsu - Adults	14 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
16 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	17 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness - Cardio 7:30 Taekwondo - Adults	18 10:15 Board Breaking 4:00 Board Breaking 4:45 Board Breaking 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba®	19 4:00 Forms/Self Defense 4:45 Forms/Self Defense 5:30 Demonstration Team 6:30 Fitness - Full Body 7:30 Taekwondo - Adults	20 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	21 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
23 10:15 Forms/Sparring 4:00 BLACK BELT ONLY 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Kickboxing	24 4:00 Forms/Pad Drills 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Fitness - Upper Body 7:30 Taekwondo - Adults	25 **CMA 1/2 DAY CAMP** 10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Forms/Sparring 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba®	26 **CMA 1/2 DAY CAMP** 4:00 Forms/Weapons 4:45 Forms/Weapons 5:30 Demonstration Team 6:30 Fitness - Body Lower 7:30 Taekwondo - Adults	27 **CMA 1/2 DAY CAMP** 10:15 Friend Day!!! 4:00 Friend Day!!! 4:45 Jiu Jitsu w/friends 5:30 Friend Day!!! 6:30 Fitness-Full Body 7:30 Jiu Jitsu - Adults	28 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
30 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	31 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness-Trainers Choice 7:30 Taekwondo - Adults				