



COMPLETE MARTIAL ARTS CLASS CURRICULUM

November 2019

Mon	Tue	Wed	Thu	Fri	Sat
				1 10:15 Forms/Self Defense Halloween Party 5:00 pm - 7:00 pm Please wear your costume!	2 9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
CMA 1/2 DAY CAMP 4	**CMA 1/2 DAY CAMP** 5	**CMA 1/2 DAY CAMP** 6	**CMA DAY CAMP** 7	**CMA DAY CAMP** 8	9
10:15 Forms/Self Defense 4:00 BLACK BELT ONLY 4:45 Forms/Self Defense 5:30 Forms/Self Defense 6:30 Fitness - Cardio 7:30 Boxing - Adult	4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness - Lower Body 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 - Upper 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 - Full Body 7:30 Jiu Jitsu - Adults	9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
11	12	13	14	15	16
10:15 Forms/Weapons 4:00 BLACK BELT ONLY 4:45 Forms/Weapons 5:30 Forms/Weapons 6:30 Fitness - Full Body 7:30 Boxing - Adult	4:00 Forms/Self Defense 4:45 Jiu Jitsu - Kids 5:30 Forms/Self Defense 6:30 Fitness - Cardio 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 by Zumba®	4:00 Forms/Pad Drills 4:45 Forms/Pad Drills 5:30 Demonstration Team 6:30 Fitness - Kick Boxing 7:30 Taekwondo - Adults	10:15 Forms/Sparring 4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness - Upper Body 7:30 Jiu Jitsu - Adults	9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
18	19	20	21	22	23
10:15 Forms/Sparring 4:00 BLACK BELT ONLY 4:45 Forms/Sparring 5:30 Forms/Sparring 6:30 Fitness - Upper Body 7:30 Boxing - Adult	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 - Lower Body 7:30 Taekwondo - Adults	10:15 Forms/Pad Drills 4:00 Forms/Pad Drills 4:45 Jiu Jitsu - Kids 5:30 Forms/Pad Drills 6:30 Fitness-Trainer's Choice 7:30 Jiu Jitsu - Adults	9:00 TKD Tigers 10:00 Family Class 11:15 Demonstration Team
25	26	*CMA 1/2 DAY CAMP* 27	28	29	30
10:15 Forms/Pad Drills 4:00 BLACK BELT ONLY 4:45 Forms/Pad Drills 5:30 Forms/Pad Drills 6:30 Fitness - Kick Boxing 7:30 Boxing - Adult	4:00 Forms/Sparring 4:45 Jiu Jitsu - Kids 5:30 Forms/Sparring 6:30 Fitness - Upper Body 7:30 Taekwondo - Adults	10:15 FRIEND DAY!! 4:00 FRIEND DAY!! 4:45 FRIEND DAY!! 5:30 BLACK BELT ONLY 6:30 Fitness - STRONG by Zumba®	Happy Thanksgiving! No Regular Classes	Happy Thanksgiving! No Regular Classes	No Regular Classes