


CMC ADULT CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
KICKBOXING 12:05 - 12:50pm	JIU JITSU 12:05 - 12:50pm	KICKBOXING 12:05 - 12:50pm	JIU JITSU 12:05 - 12:50pm	KICKBOXING 12:05 - 12:50pm	KICKBOXING 12:05 - 12:50pm	HOLY ROLLERS Noon Open Mat
JIU JITSU CLASS 5:45 - 6:30pm	KICKBOXING 5:45 - 6:30pm	JIU JITSU CLASS 5:45 - 6:30pm	KICKBOXING 5:45 - 6:30pm			
JIU JITSU SPARRING 6:30 - 7:15pm	KICKBOXING SPARRING 6:30 - 7:15pm	JIU JITSU SPARRING 6:30 - 7:15pm	KICKBOXING SPARRING 6:30 - 7:15pm			
KICKBOXING 7:15 - 8pm	JIU JITSU SPARRING 7:15 - 8pm	KICKBOXING 7:15 - 8pm	JIU JITSU SPARRING 7:15 - 8pm			
ADVANCED BJJ / MMA 8pm <i>By Invite Only</i>	JIU JITSU CLASS 8 - 8:45pm	ADVANCED BJJ / MMA 8pm <i>By Invite Only</i>	JIU JITSU CLASS 8 - 8:45pm			