


CMC ADULT CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
12 pm	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
1 pm						FIGHTER TRAINING 1 - 3pm	
5:45 pm	JIU JITSU FUNDAMENTALS 5:45 - 6:30pm	KICKBOXING CLASS 5:45 - 6:30pm	JIU JITSU FUNDAMENTALS 5:45 - 6:30pm	KICKBOXING CLASS 5:45 - 6:30pm	 WWW.CMCMMA.COM		
6:30 pm	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			
7:15 pm	KICKBOXING CLASS 7:15 - 8pm	MMA CLASS 7:15 - 8pm	KICKBOXING CLASS 7:15 - 8pm	MMA CLASS 7:15 - 8pm			
8:00 pm	KICKBOXING SPARRING 8 - 8:45pm	JIU JITSU FUNDAMENTALS 8 - 8:45pm	KICKBOXING SPARRING 8 - 8:45pm	JIU JITSU FUNDAMENTALS 8 - 8:45pm			
8:45 pm		JIU JITSU SPARRING 8:45 - 9:15pm		JIU JITSU SPARRING 8:45 - 9:15pm			