

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	JIU JITSU Rolling Only 12:00 - 1pm with Kickboxing Sparring after	Holy Rollers GI ROLLING 12 - 1pm
JIU JITSU 5:45 - 6:45pm	JIU JITSU 5:45 - 6:45pm	JIU JITSU 5:45 - 6:45pm	JIU JITSU 5:45 - 6:45pm			
KICKBOXING 6:45 - 7:45pm Sparring After	KICKBOXING 6:45 - 7:45pm Sparring After	KICKBOXING 6:45 - 7:45pm Sparring After	KICKBOXING 6:45 - 7:45pm Sparring After			