

CMC | ADULT CLASS SCHEDULE | JULY 2021

	MON	TUES	WED	THURS	FRI	SAT	SUN
Noon Class 45 Mins	KICKBOXING 12:05 - 12:50pm	JIU JITSU CLASS 12:05 - 12:50pm	KICKBOXING 12:05 - 12:50pm	JIU JITSU CLASS 12:05 - 12:50pm	KICKBOXING 12:05 - 12:50pm	JIU JITSU SPARRING 12 - 1pm	Holy Rollers GI SPARRING 12 - 1pm
5:45pm (45mins)	JIU JITSU CLASS 5:45 - 6:30pm	KICKBOXING 5:45 - 6:30pm	JIU JITSU CLASS 5:45 - 6:30pm	KICKBOXING 5:45 - 6:30pm	GI BJJ Class 6 - 7pm	KICKBOXING SPARRING 1 - 2pm	
6:30pm (30mins)	JIU JITSU SPARRING 6:30 - 7pm	KICKBOXING SPARRING 6:30 - 7pm	JIU JITSU SPARRING 6:30 - 7pm	KICKBOXING SPARRING 6:30 - 7pm			
7pm (45mins)	KICKBOXING 7 - 7:45pm	JIU JITSU SPARRING 7 - 7:45pm	KICKBOXING 7 - 7:45pm	JIU JITSU SPARRING 7 - 7:45pm			
7:45pm (45mins)		JIU JITSU CLASS 7:45 - 8:30pm		JIU JITSU CLASS 7:45 - 8:30pm			