

# CMC Adult Class Schedule

	MON	TUE	WED	THUR	FRI	SAT	SUN
Noon	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	BJJ ROLLING 10 - 11am	
5:30 pm	JIU JITSU 5:30 - 6:15pm	KICKBOXING 5:30 - 6:15pm	JIU JITSU 5:30 - 6:15pm	KICKBOXING 5:30 - 6:15pm	JIU JITSU 6 - 6:45pm	KB SPARRING 11am - 12pm	
6:15 pm	BJJ ROLLING 6:15 - 7pm	KB SPARRING 6:15 - 7pm	BJJ ROLLING 6:15 - 7pm	KB SPARRING 6:15 - 7pm	BJJ ROLLING 6:45 - 7:30pm		BJJ ROLLING 12 - 1pm
7:00 pm	KICKBOXING 7 - 7:45pm	BJJ ROLLING + Q&A 7 - 7:45pm	KICKBOXING 7 - 7:45pm	BJJ ROLLING + Q&A 7 - 7:45pm			
7:45 pm	KB SPARRING 7:45 - 8:15pm		KB SPARRING 7:45 - 8:15pm				

