

CMC Adult Class Schedule

	MON	TUE	WED	THUR	FRI	SAT	SUN								
Noon	NO CLASS <i>*during Summer</i> 12:05 - 12:50pm	JIU JITSU 12:05 - 12:50pm	NO CLASS <i>*during Summer</i> 12:05 - 12:50pm	JIU JITSU 12:05 - 12:50pm	NO CLASS <i>*during Summer</i> 12:05 - 12:50pm	KB SPARRING 11am - 12pm									
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	BJJ ROLLING 12 - 1pm	BJJ ROLLING 12 - 1pm								
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	<h2>Youth Classes</h2> <table border="1"> <thead> <tr> <th colspan="2">MON thru THURS</th> </tr> </thead> <tbody> <tr> <td> LITTLE NINJAS 4:45 - 5:15pm (Ages 5 - 6) </td> <td> TEEN TITANS 4:45 - 5:30pm (Age 13 - 15) </td> </tr> <tr> <td> YOUNG JEDI 5:15 - 6pm (Ages 7 - 9) </td> <td></td> </tr> <tr> <td> YOUNG GLADIATORS 6 - 6:45pm (Ages 10 - 12) </td> <td></td> </tr> </tbody> </table> <p>Attend as often as you'd like!</p>		MON thru THURS		LITTLE NINJAS 4:45 - 5:15pm (Ages 5 - 6)	TEEN TITANS 4:45 - 5:30pm (Age 13 - 15)	YOUNG JEDI 5:15 - 6pm (Ages 7 - 9)		YOUNG GLADIATORS 6 - 6:45pm (Ages 10 - 12)	
MON thru THURS															
LITTLE NINJAS 4:45 - 5:15pm (Ages 5 - 6)	TEEN TITANS 4:45 - 5:30pm (Age 13 - 15)														
YOUNG JEDI 5:15 - 6pm (Ages 7 - 9)															
YOUNG GLADIATORS 6 - 6:45pm (Ages 10 - 12)															
7:00 pm	KICKBOXING 7 - 7:45pm	OPEN MAT Rolling / Sparring 7 - 7:45pm	KICKBOXING 7 - 7:45pm	OPEN MAT Rolling / Sparring 7 - 7:45pm											
7:45 pm	KB SPARRING 7:45 - 8:15pm		KB SPARRING 7:45 - 8:15pm												



updated March 2024

**Noon Kickboxing Classes on Mon / Wed / Fri will resume September 4, 2024*