

<b>A-Curriculum</b> Uniform Required		<b>B-Theme</b> CMA Tee shirt-Ok		<b>C-Specialty</b> CMA Tee shirt-Ok	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CAGE FITNESS CLASS 9:30-10AM	11:30-12:00 BEGINNER	CAGE FITNESS CLASS 9:30-10AM	11:30-12:10 BASIC PROGRAM	CAGE FITNESS CLASS 9:30-10AM	CAGE FITNESS CLASS 8:00-8:30am
	12:00-12:40 INTERMEDIATE/ADV		12:10-12:50 BBC		8:30am-10:30am CAMP CLASS
2:40-3:20 INTERMEDIATE		3:20-4pm BASIC PROGRAM	3:20-4:00 BBC		10:30-11am BASIC PROGRAM
3:20-4:00 ADV-BLK BELT	4:00-4:40 INTERMEDIATE	4:00-4:40pm BBC	4:00-4:40 BASIC PROGRAM	4:00-4:30pm BASIC PROGRAM	11-11:40am BBC PROGRAM
4:00-4:30 BEGINNER	4:40-5:10 BEGINNER	4:40-5:20 BASIC PROGRAM	4:40-5:20 BBC	4:30-5pm Bokken Sword BBC ONLY	11:40-12:10pm Escrima / Nunchucks BBC ONLY
4:30-5:10 INTERMEDIATE	5:10-5:50 INTERMEDIATE	5:20-6:00 BBC	5:20-6:00 BASIC PROGRAM	5:00-5:30pm Bo Staff BBC ONLY	New Student Orientation Register for Class
5:10-5:50 ADVANCED	5:50-6:30 ADVANCED	6:00-6:40 BASIC PROGRAM	6:00-6:40 BBC	5:30-6:10pm BBC	<b>Birthday Parties Available</b>
5:50-6:20 BEGINNER	6:30-7:00 BEGINNER	6:40-7:20 BLACK BELTS	6:40-7:20 BLACK BELTS	6:10-7:30 <b>Demo Team Practice</b>	
6:30-7:15 BLACK BELTS	7:00-7:45 BLACK BELTS	7:20-8:00 BASIC PROGRAM TEEN & ADULT	7:20-8:00 TEEN & ADULT BASIC/BBC		
7:15-8:00 TEEN & ADULT	7:45-8:30 ADULT & TEEN			<b>PROGRAMS AVAILABLE</b> Basic Training Program Black Belt Club Program Muay Thai Training Beginner: White to Orange Intermediate: Green to Brown Advanced: Brown/Blk-Red Black Black Belts	
8:00-8:45 MUAY THAI	CAGE FITNESS CLASS 8:30-9PM	8:00-8:45 MUAY THAI	CAGE FITNESS CLASS 8:00-8:30PM		