

2019 CLASS SCHEDULE

Monday

9:30 – 10 am Streetwise Power Fitness
9:30 – 11:00am Adult Streetwise
5:00 – 5:40pm Beginner Class (Family) White BELT thru Orange BELT
5:00 – 5:30pm Lil Warriors, 3-4yrs (back room)
5:35-6:05pm Prep Warriors, 5-6yrs (back room)
5:45 – 6:25pm Intermediate/Advanced (Family) Green BELTS and above
6:30-7:00pm Streetwise Power Fitness
6:30 – 8:00pm Adult Streetwise

Streetwise Power Fitness

Lil Warriors Kids ages 3-4

Prep Warriors Kids ages 5-6

Basic/Beginner Kids & Family

Combined Warriors kids ages 3-7

Adult Streetwise

Black Belt & Masters Club

Masters Club Only

Tuesday

4:25 – 4:55pm Combined Warriors (main floor)
5:00 – 5:40pm Intermediate/Advanced (Family) Green BELTS and above
5:45 – 6:25pm Beginner Class (Family) White BELT thru Orange BELT
5:45 – 6:20pm Combined Warriors
6:30-7:00pm Streetwise Power Fitness
6:30 – 8:00pm Adult Streetwise

Wednesday

9:30 – 10 am Streetwise Power Fitness
9:30 – 11:00am Adult Streetwise
4:25 – 4:55pm Combined Warriors
4:55 – 6:25 pm BBC/MC / Leadership
6:00 – 6:30pm Combined Warriors (back room)
6:30 – 7:10pm Basic Program Members,
7:15 – 7:45pm Streetwise Power Fitness
7:15 – 8:45pm Adult Streetwise

BBC/MC/Leadership:

All Wednesdays* on **even dates of the month is Weapons, Self Defense, Rolling/Falling, Demo Practice

All Thursdays* on **odd dates of the month is Sparring & Sparring Concepts/Drills

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All Thursdays* on **even dates of the month is Weapons, Self Defense, Rolling/Falling, Demo Practice

Thursday

4:25 – 4:55pm Combined Warriors (main floor)
4:55 – 5:35pm Basic Program Members,
5:00 – 5:30 pm Combined Warriors
5:35 – 7:05pm BBC/MC / Leadership
7:15 – 7:45pm Streetwise Power Fitness
7:15 – 8:45pm Adult Streetwise

Friday

Private Lessons Only

Saturday

8:30 – 9:00 Combined Warriors
8:30 – 9:00 am Streetwise Power Fitness
8:30 – 9:30am All Clubs Make Up Training & Adult Streetwise (self defense, strikes, blocks, kicks)
9:30 – 10:00 am BBC/Masters/Leadership Weapons all **ODD DATES ONLY**
9:30-10:30 am Master's Club Only, **EVEN DATES ONLY**

REMINDERS:

1. **Streetwise Power Fitness** consists of a fast-paced heart pumping workout. Strike bags/mitts, use resistance training, Boxing/Kickboxing/Muay Thai combinations, and more. (H.I.I.T.T.E.M. = High Intensity Interval Training Through Effective Movement), 20 – 30 minutes of faced paced calorie and fat burning and conditioning exercises!)
2. Download our FREE Phone App by searching for **Team App** in your App Store or Play store of your smart phone. Follow the prompts to Sign Up. Once you have completed the information that it requests for you to Sign up/Sign in, then within the Search Bar of Team App. Type in CFMAF Martial Arts. Our logo will pull up. Click it and follow the prompts to ask us to join our group. This is important because we keep you up to the moment as to what is occurring at CFMAF.
3. Go to **Facebook and Search CFMAF Members Group**. Request to join this page. It is for members of CFMAF only.
4. Friend our CFMAF Martial Arts & Fitness Page on Facebook.
5. Monthly you will receive a newsletter via email. Please read it.