

CFMAF CLASS SCHEDULE

Monday & Tuesday Curriculum

- *3:00-3:40pm Beginner Class** *virtual on Monday*
- 3:00-3:40pm Intermediate/Advanced Class**
- 3:50-4:30pm Beginner Class**
- *4:00-4:40pm Intermediate Class** *virtual training on Monday*
- 4:50-5:30pm Beginner Class/Intermediate Class**
- *5:00-5:40pm Advanced Class** *virtual training on Monday*
- 5:50-6:30pm Beginner**
- 6:00-6:40pm Intermediate/Advanced Class**
- 6:50-7:50pm All Belts. Adults & Hiitem class**

Wednesday & Thursday Clubs

- 3:00-3:40pm Basic Club**
- 3:00-3:40pm BBC/Master's Club**
- 3:50-4:30pm Basic Club**
- 4:00-4:40pm BBC/Master's Club**
- *4:50-5:30pm Basic** *virtual training Wednesday*
- 5:00-5:40 BBC/Master's Club**
- 5:50-6:30pm Basic Club**
- *6:00-6:40pm BBC/Master's Club** *virtual training Wednesday*
- *6:50-7:50pm All Club Adults & Hiitem** *virtual training Wednesday*

Friday Private Lessons ONLY

Saturday Classes

- 9:00am-10:00 am Basic Club & H.I.I.T.E.M.**
- 9:00am-10:00am BBC/MC & H.I.I.T.E.M**

*** = In person training WITH Virtual Training via Zoom on the date indicated above.**

Free first-time introductory classes can be schedule Monday -Thursday 8 am to 6:50 pm. You can request a private session with just your family, or you participate in any of the Basic or Beginner classes listed above. RSVP is required for both options.

Private Lessons available Monday-Thursday 8 am to 6:50 pm. Friday is available at various times. You must RSVP to set your appointment

H.I.I.T.E.M = Fitness Kickboxing (kicking & punching combinations w/ Fitness Element)

RSVP for Saturday morning class ON FRIDAY before 10 pm.

***Ask about our "Anytime No Excuse" Training Schedule for shift workers.**

Warrior Schedule (ages 2.5-6.5yrs)

Monday through Thursday

- 3:00-3:30pm Combined Warriors**
- 4:20-4:50pm Combined Warriors**
- 5:00-5:30pm Combined Warriors**
- 5:40-6:10pm Combined Warriors**
- 6:20-6:50pm Combined Warriors**

Tuesday Only Virtual Times:

- 3:50-4:20 Lil Warriors Online**
- 4:25-4:55 Prep Warriors Online**
- 6-6:30 All Warriors Online**

Thursday Only Virtual Times:

- 5:30-5pm All Warriors**

Warriors Saturday

- 8:30- 9am Combined Warriors**