

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

6:50-8:10pm All Belts. Adults & Hiitem class

Monday Early Riser Class

6:45 – 7:45AM – Adult Streetwise/HIITEM

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*

***6:50-8:10pm 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 days 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 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. RSVP for Monday Early Riser Class by Sunday 6 pm.

Can't make the scheduled classes? Ask about our "Anytime Training Schedule".

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

Warriors Saturday

8:30- 9am Combined Warriors