

CFMAF CLASS SCHEDULE

Monday Early Riser Class

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

Monday & Tuesday Belt Curriculum

3:00-3:40p All Belts Class

3:50-4:30p Beginner Class

* 4:00-4:40p Intermediate/Adv. Class *virtual training Monday*

4:50-5:30p Beginner Class

5:00-5:40p Intermediate/ Adv. Class

* 5:50-6:30p Beginner *virtual training Monday*

6:00-6:40p Intermediate/Advanced Class

6:50-8:15p Adult Streetwise W/ Hiitem Fitness

Wednesday & Thursday Clubs

3:00-3:40pm Basic Club

3:50-4:30pm Basic Club

* 4:50-5:30pm Basic *with virtual training Wednesday*

* 5:15-6:45 BBC/Master's Club *with virtual training Wednesday*

5:50-6:30pm Basic Club *Only on odd days*

* 6:50-8:15pm All Club Adults & Hiitem *with virtual training Wednesday*

Friday Open Mat

4:00-4:50p All Belts Self Directed Training

5:00-5:50p All Belts Self Directed Training

Saturday Classes

9:00am-10:00 am Beginner Basic Club & Combat Cardio featuring H.I.I.T.E.M Fitness Kickboxing

9:00am-10:00am All Belts & Combat Cardio featuring H.I.I.T.E.M Fitness Kickboxing

***= IN PERSON TRAINING WITH Virtual Training via Zoom on the days indicated above.**

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

Friday All Belts Self Directed Training = Open Mat Self Directed Training Day. YOU, the student, choose what to work on. An instructor is present to assist and monitor classes.

Warrior Schedule

(ages 2.5-6.5yrs)

Monday through Thursday

*3:00-3:30pm Combined Warriors-
Tu/Thurs only*

3:40-4:10pm 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
(no 6:20pm on Tuesdays)

Tuesday Virtual & in Person Times:

3:40-4:10 All Warriors *virtual training*

6-6:30 All Warriors *virtual training*

Warriors Saturday

8:30- 9am Combined Warriors