

# CFMAF CLASS SCHEDULE

## Monday & Tuesday Belt Curriculum

**3:00-3:40p All Belts Class Including Beginners**

**3:45-4p Focused Stretch Time All Belts**

**3:50- 4:30p After School Kids & Beginners**

**\*4:00-4:40p Intermediate/Adv. Class *Virtual & In person Monday***

**4:50-5:30p Beginner Class**

**5:35-5:45p Focused Stretch Time All Belts**

**\*5:50-6:30p Beginner *Virtual & In Person Monday***

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

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

## Wednesday & Thursday Clubs

**3:00-3:40pm Basic Club**

**3:50-4:30pm After School Kids & Basic Club**

**\*4:50-5:30pm Basic *Virtual & In Person Wednesday***

**\*5:15-6:45 BBC/Master's Club *Virtual & In Person Wednesday***

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

**\*6:50-8:15pm All Club Adults & Hiitem *virtual in Person Wedn.***

## Friday Open Mat

**4:00-4:50p All Belts Self Directed Training (Open Mat)**

**5:00-5:50p All Belts Self Directed Training (Open Mat)**

## Saturday Classes

**9:00am-10:00 am All Belts & Clubs & Adult Streetwise**

**\*= 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.**

**Late Arrival for 5:15p Black Belt Club is acceptable for those who get off work at 5pm.**

## **Warrior Schedule**

**(ages 2.5-6.5yrs)**

### Monday through Thursday

**3:45-4:15 Afterschool Warriors**

**4:20-4:50pm Warriors**

**5:00-5:30pm Warriors**

**5:40-6:10pm Warriors**

### 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**