

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

3:50-4:40p 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

5:50-6:40p 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 Wednesday

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