

CFMAF CLASS SCHEDULE

Monday Belt Curriculum

3:50-4:30p After School Kids & Beginners (wht/yel/org)
4:30-5:20p Intermediate/Adv
5:25-6:05p Beginners (white/yellow/orange)
6:10-7p Intermediate/Advanced
7-8:30p Adult Streetwise w/ Hiitem Fitness Kickboxing

Tuesday Belt Curriculum

3:50-4:30p After School Kids & Beginners (wht/yel/org)
4:30-5:20p Beginners (white/yellow/orange)
5:25-6:15p Intermediate/Advanced
6:20-7p Beginner
7-8:30p Adult Streetwise w/ Hiitem Fitness Kickboxing

Wednesday Clubs

3:50-4:30p After School Kids & Basic Club
4:50-5:30p Basic (white uniforms)
5:30-7:00p BBC/Master's Club
5:50-6:30p Basic Club *Only on odd days of the month*
7-8:30p All Club Adults w/ Hiitem Fitness Kickboxing

Thursday Clubs

3:50-4:30p After School Kids & Basic Club
4:50-6:20pm BBC/Master's Club
6:20-7p Basic Club
7-8:30p All Club Adults w/ Hiitem Fitness Kickboxing

Friday Open Mat

4:00-5:45p All Belts Self Directed Training (arrive anytime between those times)
5:45 - 7:15p Specialty Class Knife/Stick/Sparring (instructor acceptance required)

Saturday Classes

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

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 4:50p Black Belt Club is acceptable for those who get off work, however please do not be more than 20 minutes or attend Wednesday 5:50p class instead.

Warrior Schedule

(ages 2.5-6.5yrs)

Monday through Thursday

3:45-4:15 Afterschool & Warriors
4:30-5:00pm Warriors
5:25-5:55pm Warriors
6:00-6:30pm Warriors

Warriors Saturday

8:30- 9am Combined Warriors