

CFMAF TRAINING SCHEDULE

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| Monday Beginner Class | 3:45-4:25pm |
| Monday Warriors (3-6 yr olds) | 4:30-5:00pm |
| Monday All Belts | 5:05-5:45pm |
| Monday Intermediate/Adv. Class | 5:50-6:30pm |
| Monday Warriors (3-6) | 6:30-7pm (backroom) |
| Monday <u>Adult</u> Streetwise | 7-8:30pm |
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| Tuesday Intermediate Class | 5-5:40pm |
| Tuesday Warriors (3-6 yr olds) | 5:50-6:20pm |
| Tuesday Beginner Class | 6:20-7:00pm |
| Tuesday <u>Adult</u> Streetwise | 7-8:30pm |
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| Wednesday Basic Self Defense Class | 3:45-4:25pm |
| Wednesday Warriors (3-6 yr olds) | 4:30-5:00pm |
| Wednesday BBC/MC Class | 5:30-7:00pm |
| Wednesday Adult Streetwise | 7-8:30pm |
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| Thursday BBC/MC Class | 3:45-5:15pm |
| Thursday Basic Self Defense | 5:30-6:10pm |
| Thursday Warriors | 6:15-6:45pm |
| Thursday Adult Streetwise | 7-8:30pm |
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| Saturday Warriors (3-6 yrs old) | 8:30-9am |
| Saturday All Belts Class | 9-10am |

This schedule provides an earlier class and a later class option for all of our programs.

This allows for each student to be able to attend either an earlier or later class throughout the summer.