

# RCMA Schedule

## Kid's Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<u>12-12:30pm</u> Baby Ninja 0-3yrs			<u>12-12:30pm</u> Baby Ninja 0-3yrs	
<u>12:30-1pm</u> Little Samurai/Level 1 Intro to Karate & BJJ 3-5yrs	<u>3:30-4pm</u> Little Samurai/Level 1 Intro to Karate & BJJ 3-5yrs	<u>3:30-4pm</u> Little Samurai/Level 1 Intro to Karate & BJJ 3-5yrs	<u>12:30-1pm</u> Little Samurai/Level 1 Intro to Karate & BJJ 3-5yrs	
<u>4-4:45pm</u> BJJ Level 2 5-7yrs	<u>4-4:45pm</u> Beginner/Intermediate Karate 5/6yrs+	<u>4-4:45pm</u> BJJ Level 2 5-7yrs	<u>4-4:45pm</u> Beginner/Intermediate Karate 5/6yrs+	
			<u>4-4:45pm</u> Power of She 10yrs+	
<u>4:45-5:30pm</u> BJJ Level 3 7-10yrs	<u>4:30-5:30pm</u> Advanced Karate	<u>4:45-5:30pm</u> BJJ Level 3 7-10yrs	<u>4:30-5:30pm</u> Advanced Karate	
<u>5:30-6:15pm</u> BJJ Level 4 10-14yrs	<u>4:45-5:30pm</u> Boxing 7yrs+	<u>5:30-6:15pm</u> BJJ Level 4 10-14yrs	<u>4:45-5:30pm</u> Boxing 7yrs+	
	<u>5-5:45pm</u> Capoeira 7yrs+		<u>5-5:45pm</u> Capoeira 7yrs+	
	<u>5:30-6:15pm</u> BJJ Level 2,3,4 7-14yrs		<u>5:30-6:15pm</u> BJJ ***Competition Class 7-14yrs	

*\*All RCMA classes are at our dojo, 765 Main St., HMB*

*\*\*Kid's class placement should follow age first and then change levels depending on rank, listening skills and experience.*

*\*\*\*BJJ Competition Class participation requires at least one additional 'leveled' class per week*

**RCMA Schedule**

**Adult/Teen Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Morning**

					<b>8-9am</b> <b>Strength &amp; Conditioning</b> <b>*Fitness</b>
					<b>9:30-10:30pm</b> <b>BJJ</b> <b>Open Mat/No Gi</b>

**Evening**

<b>6-7pm</b> <b>Boxing/Kickboxing</b>	<b>6:15-7:15pm</b> <b>Cardiokickboxing (CKB)</b> <b>*Fitness</b>		<b>6:15-7:15pm</b> <b>Cardiokickboxing (CKB)</b> <b>*Fitness</b>		
<b>6:30-7:30pm</b> <b>Adult/Teen BJJ</b>	<b>6-7pm</b> <b>Capoeira</b> <small>*please email Ryan Molyneaux at <a href="mailto:rgmolyneaux@gmail.com">rgmolyneaux@gmail.com</a> for payment info</small>	<b>6:30-7:30pm</b> <b>Adult/Teen BJJ</b>	<b>7:15-8:15pm</b> <b>Boxing/Kickboxing</b>		
<b>7:30-8:30pm</b> <b>Adult/Teen BJJ Sparring</b>	<b>7:15-8:15pm</b> <b>No Gi BJJ</b>	<b>7:30-8:30pm</b> <b>Adult/Teen BJJ Sparring</b>			

*\*Adult/Teen Martial Arts classes are for ages 15yrs+ and Fitness Classes are for ages 12yrs+*