

CLASS SCHEDULE : **Competitive Edge Mixed Martial Arts** : CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A-Days		B-Days		Weekend Schedule		
6:00 to 7:00 AM Boot Camp	6:00 to 7:00 AM Boot Camp	6:00 to 7:00 AM Boot Camp	6:00 to 7:00 AM Boot Camp		7:30 to 8:30 AM YOGA	
	9:00 to 10:00AM Krav MMA Lv. 1, 2, 3		9:00 to 10:00AM Krav MMA Lv. 1, 2, 3	9:00 to 10:00AM Adult Sparring	8:30 to 9:30 AM Kickboxing & Fitness	
				2:00 to 2:30 Tumble Kicks	9:30 to 10:00+10:15 Youth Basic- A	
				2:30 to 3:00 Little Champions	10:15 to 10:45+11:00 Youth Basic - B	1:00 to 1:45 Youth Intermediate - A
4:00 to 4:30 Little Champions	3:45 to 4:30 Teen MMA lv. 1	3:45 to 4:30 Teen MMA lv. 2	3:45 to 4:30 Teen MMA lv. 1	3:45 to 4:30 Teen MMA lv. 2	11:00 to 12:00 Special Event	1:45 to 2:30 Youth Intermediate - B
4:30 to 5:00 + 5:15 Youth Basic	4:30 to 5:00 + 5:15 Young Champions	4:30 to 5:00 + 5:15 Youth Basic	4:30 to 5:00 + 5:15 Young Champions	4:30 to 5:15 X-M-A	1:00, 3:00, 5:00 Birthday Parties	3:00, 5:00 Birthday Parties
5:15 to 6:00 Youth Intermediate	5:15 to 5:45 + 6:00 Youth Basic	5:15 to 6:00 Youth Intermediate	5:15 to 5:45 + 6:00 Youth Basic	5:15 to 6:00 LEADERSHIP	Have your next Birthday Party! <i>At Competitive Edge</i> Cut the Cake with a Sword! Board Breaking, Games! 1.5 hours of Fun & Learning! Up to25 friends! Ask your instructor for details	
6:00 to 6:45 Youth Advanced	6:00 to 6:45 Youth Intermediate	6:00 to 6:45 Youth Advanced	6:00 to 6:45 Youth Intermediate	6:00 to 6:45 JIU-JITSU TEAM		
6:45 to 7:15 + 7:30 Youth Basic	6:45 to 7:30 Youth Advanced	6:45 to 7:15 + 7:30 Youth Basic	6:45 to 7:30 Youth Advanced	6:45 to 7:30 E L I T E		
7:30 to 8:30 Krav MMA Lv. 1	7:30 to 8:30 Krav MMA Lv. 2 & 3	7:30 to 8:30 Krav MMA Lv. 1	7:30 to 8:30 Krav MMA Lv. 2 & 3	7:30 to 8:30 Short Course		
Attendance and Make-up policy <i>Students are permitted to attend class 2 times a week. 1 A Day and 1 B Day. All make up classes <u>must</u> be scheduled through the front desk.</i>		Personal equipment policy <i>Students must wear and use proper training equipment and uniforms. Students are only permitted to use training gear that is listed at the schools Pro Shop.</i>		Membership Freeze policies <i>You must log on to the school website under the members section and submit a request from there. Freezes only suspend time, not payments.</i>		
Youth Programs Tumble Kicks: Ages 3 to 4 Little Champions: Ages 4 to 5 Young Champions: Ages 5 to 7 Super Champions: Bonus training (Young Champions) Youth Basic: Ages 7 to Teen, White, Yellow, Orange Belt Youth BBT: Bonus training (Youth Basic) <u><i>You must be in BBT to advance past orange belt</i></u> Youth Intermediate: Purple, Blue, Green Belts Youth Advanced: Brown, Red, Black Belts Youth Elite: Black Belts		Masters Programs XMA: Weapons and Form class for youth students LEADERSHIP: Leadership class for youth students JIU JITSU: Competition training for students ELITE: Class for youth students who have their Black Belt Adult & Teen Programs Adult Training: Class times for all adult ranks Adult Krav-MMA: BBT Members only Teen: Kickboxing & Fitness - Striking & Self Defense MMA13: Adult Fitness Program				