

HIGHLANDS RANCH : Competitive Edge Mixed Martial Arts : Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	7:30 to 8:30 AM YOGA
	9:15 to 10:15AM Krav MMA Lv. 1, 2, 3		9:15 to 10:15AM Krav MMA Lv. 1, 2, 3	9:00 to 10:00AM Advanced Sparring	8:30 to 9:30 AM Kickboxing & Fitness
				2:00 to 2:30 Tumble Kicks	A: 9:30 to 10:00+10:15 Youth Basic & Intermediate
	2:00 to 2:30 + 2:45 **HS**Youth Basic		2:00 to 2:30 + 2:45 **HS**Youth Basic	2:30 to 3:00 Little Champions	B: 10:15 to 10:45+11:00 Youth Basic & Intermediate
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
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
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 to 25 friends!
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 KID FIT	
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 ELITE	
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	

For more information about each program go to www.ce-mma.com: Visit our "Members" Section for Videos, Handbooks, and Membership Freezes

Youth Programs

Tumble Kicks: Ages 3 to 4(*Done with a parent*)

Little Champions: Ages 4 to 5

Young Champions: Ages 5 to 7

Super Champions: Bonus training for Young Champions

Youth Basic: Ages 7 to Teen, *White, Yellow, Orange Belt*

Youth BBT: Bonus training for Youth Basic

You must be in BBT to advance past orange belt

Youth Intermediate: *Purple, Blue, Green Belts*

Youth Advanced: *Brown, Red, Black Belts*

****HS** Home School Classes are for Home School Members only. Regular members cannot use those classes as a make-up class. **HS****

Masters Programs

These classes are "add-on" courses for students to expand their Martial Arts experience in specialized areas.

XMA: Weapon form training class for students

LEADERSHIP: Leadership class for youth students

KID FIT: Health & Fitness circuit training for students

ELITE: Class for youth students who have their Black Belt

Teen Programs

Teen MMA lv 1: Kickboxing, Circuit Training, Self-Defense, and 3 Step Sparring (*White, Yellow, Orange*)

Teen MMA lv 2: Grappling, Jiu-Jitsu, Free Sparring, Self-Defense, and Combative training. (*Purple, Blue, Green*)

Teen MMA lv3. MMA Sparring, Weapon Training, and Advanced Self-Deference. (*Brown, Red, Black*)

Adult Programs

Boot Camps: Specialized classes in body weight exercises, circuit training, High Intensity Interval Training.

Kickboxing & Fitness: Heavy bag workouts, circuit training, and a stretching to finish a complete workout

Krav MMA: A synergistic blend of Krav Maga and MMA for the ultimate in Self-Defense training.

Yoga: Relax, Stretch, and recharge with our Yoga Classes

Short Courses: Specialized training in Car Jacking, Knife, Gun, Bat, Modified Weapons, Grappling, Jiu-Jitsu, Assault, Home Safety, Fitness, Sparring, Stick Fighting,

Advanced Sparring: Advanced sparring strategies and training for students, competitors and experienced visitors. (Must have 14oz boxing gloves and Pro Shin Guards)