

RCMA Schedule

Kid's Classes

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>12-12:30pm</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>4-4:45pm</u> BJJ Level 2 5-7yrs	<u>4-4:45pm</u> Beginner/Intermediate Karate	<u>4-4:45pm</u> BJJ Level 2 5-7yrs	<u>4-4:45pm</u> Beginner/Intermediate Karate	
<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>4-4:45pm</u> Boxing 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

				6-6:45am Hiit with Marie *Fitness **see below for details	8-9am Strength & Conditioning *Fitness
					9-10am Hiit with Marie *Fitness **see below for details
	10-11am BJJ Open Mat		10:30-11:30am BJJ Fundamentals		9:30-10:30pm BJJ Open Mat/No Gi

Evening

6-7pm Boxing/Kickboxing	6:15-7:15pm Cardiokickboxing (CKB) *Fitness	6:30-7:30pm Hiit with Marie *Fitness **see below for details	6:15-7:15pm Cardiokickboxing (CKB) *Fitness		
6:30-7:30pm Adult BJJ	6-7pm Capoeira	6:30-7:30pm Adult BJJ			
7:30-8:30pm BJJ Sparring	7:30-8:30pm BJJ Fundamentals/ Self Defense	7:30-8:30pm BJJ Sparring			

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

** Hiit Fitness classes with Marie are separate from the RCMA Fitness monthly membership. Cost is \$20/class or 1 class/week @ \$60/mo, 2 classes/week @ \$100/mo, 3 classes/week @ \$120/mo. Please contact Marie directly for more information at 650-681-7225 or mariegarnierhmb@gmail.com*