

# RCMA Schedule

## Kid's Classes

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

*\*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>7:30-8:30pm</b> <b>Adult/Teen BJJ Sparring</b>			

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