

RCMA Schedule

Kid's Classes

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

					8-9am Strength & Conditioning *Fitness
					9-10am HiIT with Marie *Fitness **see below for details
					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 Strength & Cardio with Marie & Nikki *Fitness **see below for details	6:15-7:15pm Cardiokickboxing (CKB) *Fitness		
6:30-7:30pm Adult/Teen BJJ	6-7pm Capoeira <small>*please email Ryan Molyneaux at rgmolyneaux@gmail.com for payment info</small>	6:30-7:30pm Adult/Teen BJJ			
7:30-8:30pm Adult/Teen BJJ Sparring		7:30-8:30pm Adult/Teen BJJ Sparring			

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

** HiIT & Strength/Cardio Fitness classes with Marie or Marie/Nikki 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*