

RCMA Schedule *Effective June 27, 2022

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 5yrs+			
	<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

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Adult/Teen Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					
				<u>6-6:45am</u> Hiit with Marie *Fitness **see below for details	<u>8-9am</u> Strength & Conditioning *Fitness
					<u>9-10am</u> Hiit with Marie *Fitness **see below for details
	<u>10-11am</u> BJJ Open Mat		<u>10:30-11:30am</u> BJJ Fundamentals		<u>9:30-10:30pm</u> BJJ Open Mat/No Gi
Evening					
<u>6-7pm</u> Boxing/Kickboxing	<u>6:15-7:15pm</u> Cardiokickboxing (CKB) *Fitness	<u>6:30-7:30pm</u> Hiit with Marie *Fitness **see below for details	<u>6:15-7:15pm</u> Cardiokickboxing (CKB) *Fitness		
<u>6:30-7:30pm</u> Adult BJJ	<u>7:30-8:30pm</u> BJJ Fundamentals/ Self Defense	<u>6:30-7:30pm</u> Adult BJJ			
<u>7:30-8:30pm</u> BJJ Sparring		<u>7:30-8:30pm</u> BJJ Sparring	<u>6-7pm</u> Capoeira		

**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*