

RCMA Schedule *Effective January 1, 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>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

RCMA Schedule *Effective January 1, 2022

Adult/Teen Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 (1 stripe required or permission)	10-11am BJJ Fundamentals		10-11am BJJ Fundamentals	10-11am BJJ Open Mat (1 stripe required or permission)
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/Teen BEGINNER BJJ	6:30-7:30pm Adult/Teen BEGINNER BJJ	6:30-7:30pm Adult/Teen BEGINNER BJJ	6:30-7:30pm Adult/Teen BEGINNER BJJ		
7:30-8:30pm Adult/Teen INTERMEDIATE BJJ	7:30-8:30pm Adult/Teen INTERMEDIATE BJJ	7:30-8:30pm Adult/Teen INTERMEDIATE BJJ	7:30-8:30pm Adult/Teen INTERMEDIATE BJJ		
6:30-7:30pm Adult/Teen ADVANCED BJJ		6:30-7:30pm Adult/Teen ADVANCED BJJ	6-7pm Capoeira		

**Attendance requirement for intermediate Adult/Teen BJJ Classes are for white belts 2 degrees or higher or with permission*

**Attendance requirement for Advanced Adult/Teen BJJ Classes are for blue belt or higher rank or with permission*

**Adult/Teen Martial Arts classes are for ages 14yrs+ 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*