

CQMA Class Schedule

Updated: July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:15-5:00p Age 6-8 MMA	4:15-5:00p Age 6-10 BJJ	4:15-5:00p Age 6-8 MMA	4:15-5:00p Age 6-10 BJJ		8:45-9:45a Teen/Adult Fitness Kickboxing
11am-12p Teen/Adult Fitness Kickboxing	5:15-6:00p Age 9-12 Int/Adv Kickboxing	5:00-5:45p Age 11-16 BJJ	5:15-6:00p Age 9-12 Int/Adv Kickboxing	5:00-5:45p Age 11-16 BJJ		10-10:30a Age 3-5 Preschool 1
1:00-2:00p Adult Wrestling	6:15-7:00p Teen Kickboxing	6:00-6:45p Age 7-11 Kickboxing	6:15-7:00p Teen Kickboxing	6:00-6:45p Age 7-11 Kickboxing	6:00-6:50p Teen/Adult Fitness Kickboxing	10:35-11:15a Age 5-6 Preschool 2
	7:10-8:05p Adult Kickboxing	7:00-8:15p Adult BJJ	7:10-8:05p Adult Kickboxing	7:00-8:15p Adult BJJ	7:00-8:00p Stand up Sparring	
	8:10-9:10p Adult BJJ (NoGi)		8:10-9:10p Adult BJJ (NoGi)		8:00-9:00p BJJ Rolling	