

# MCFM Class Schedule 10-01-09

## Adult Aikido

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:30pm Basics 7:30-8:45pm Regular Class	10:00am Regular Class 8-10pm Open Mat	6:30pm Basics 7:30-8:45pm Regular Class	10:00am Regular Class 8-10pm Open Mat	6:15-7pm Family Class 7-8:15pm Regular Class	10:15am Ki Class 11:15am Ran- dori/Weapons	10am Condi- tioning Class 11am Open Mat

## Kids Aikido

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5-6pm (5-8 yr olds) 5:30-6:30pm (9-12 yr olds)		5:30-6:15pm (5-8 yr olds)	5-6pm (5-8 yr olds) 5:30-6:30pm (9-12 yr olds)	6:15-7pm Kids 9-12 yrs (Family Class)	9:15am- 10:15am (All Ages)	

## Adult BJJ

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	6-7pm Gi Class 7-7:30pm Open Roll 8-10pm Open Mat		7-8pm No Gi Class 8-10pm Open Mat	6:30-7:30pm Gi Class 7:30pm Open Mat	Noon-1pm Gi Class 1pm Open Mat	10am Condi- tioning Class 11am Open Mat

## MMA

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	7:30-8:15pm MMA Striking 8:15-10pm Open Mat		6-7pm MMA Grappling and Striking 8-10pm Open Mat	7:30pm Fight Club/Open Training	1pm Open Mat	10am Condi- tioning Class 11am Open Mat

## Kids BJJ

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	5-6pm Kids All Ages		5-6pm Kids over 10yrs old	5-6pm Kids All Ages		

## Adult Karate/Kobudo

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	6:45pm - 7:45pm Karate 7:45-8:45pm Kobudo		7:15- 8:15pm Karate		9 - 10am Kobudo 10 - 11am Karate	

## Kids Karate

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
	6-6:45pm Kids Karate		6:30-7:15pm Kids Karate		11-11:45am Kids Karate	

## Group Fitness

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:30-6:30pm Yoga		5:30-6:30pm BodySculpting		5:30-6:30pm BagBoxing		

## Kettlebells

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:30-6:30pm	6pm-7pm (For Karate Parents Only)		5:30-6:30pm	6:30-7:30pm (For Karate Parents Only)	8:15-9:15am	

### SPECIAL NOTES:

To be compliant with our insurance, if Hudson School District closes due to inclement weather, we are required to close. Class Cancellations are usually listed on the web-site main page: [www.DoMartialArts.net](http://www.DoMartialArts.net)

Seminar and special dates will at times affect scheduled classes, you will be informed of any changes or cancellations by your instructor(s). Please check the board for monthly events. These events are listed at the website.