

MCFM Class Schedule as of 6/09

Adult & Kids Aikido

<u>Class</u> Adult Aikido	<u>Monday</u> 6:30pm Basic 7:30pm Regular	<u>Tuesday</u> 10am Regular	<u>Wednesday</u> 6:30pm Basic 7:30pm Regular	<u>Thursday</u> 10am Regular	<u>Friday</u> 6:15pm Fundamentals 7pm Regular	<u>Saturday</u> 10am Ki Class 11am Weapons & Randori	<u>Sunday</u> 10am Conditioning 11am Open Mat
<u>Class</u> Kids Aikido	<u>Monday</u> 5pm (5-8yrs) 5:30pm (9-12 yrs)	<u>Tuesday</u>	<u>Wednesday</u> 5:30pm (5-8 yrs)	<u>Thursday</u> 5pm (5-8 yrs) 5:30pm (9-12 yrs)	<u>Friday</u> 6:15pm (9-12 yrs)	<u>Saturday</u> 9am (all ages)	<u>Sunday</u>

Adult & Kids BJJ

<u>Class</u> Adult BJJ	<u>Monday</u>	<u>Tuesday</u> 5pm MMA 5:45-7:30 BJJ	<u>Wednesday</u>	<u>Thursday</u> 5pm MMA 5:45-7:30 BJJ	<u>Friday</u> 6:30pm BJJ	<u>Saturday</u> Noon BJJ	<u>Sunday</u> 10am Conditioning 11am Open Mat
<u>Class</u> Kids BJJ	<u>Monday</u>	<u>Tuesday</u> 5pm	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> 5pm	<u>Saturday</u>	<u>Sunday</u> 11am Open Mat

Adult & Kids Karate/Kobudo

<u>Class</u> Adult Karate & Kobudo	<u>Monday</u>	<u>Tuesday</u> 6:45 Kobudo 7:45 Shorin ryu	<u>Wednesday</u>	<u>Thursday</u> 7:15 Kobudo 8:15 Shorin ryu	<u>Friday</u>	<u>Saturday</u> 9am Kobudo 10am Shorin ryu	<u>Sunday</u>
<u>Class</u> Kids Karate	<u>Monday</u>	<u>Tuesday</u> 6pm	<u>Wednesday</u>	<u>Thursday</u> 6:30pm	<u>Friday</u>	<u>Saturday</u> 11am	<u>Sunday</u>

Bujinkan Budo Taijutsu

<u>Class</u>	<u>Monday</u>	<u>Tuesday</u> 7:30-9:30pm	<u>Wednesday</u>	<u>Thursday</u> 7:30-9:30pm	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
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Group Fitness Classes

<u>Class</u> Group Fitness	<u>Monday</u> 5:30pm Yoga	<u>Tuesday</u>	<u>Wednesday</u> 5:30pm BodySculpting	<u>Thursday</u>	<u>Friday</u> 5:30pm Bag- Boxing	<u>Saturday</u>	<u>Sunday</u>
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RKC Kettlebell Classes

<u>Class</u>	<u>Monday</u> 5:30pm	<u>Tuesday</u>	<u>Wednesday</u> 8:45am	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u> 8:15am	<u>Sunday</u>
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