



210 E Solomon ST, Griffin, GA. 30223
 Telephone (770) 228 – 6159
 www.CMAGriffin.com • www.EliteDefenseTactics.com

CLASS SCHEDULE EFFECTIVE MARCH 31, 2016

Class	MON.	TUES.	WED.	THURS.	FRI.	SAT.
INTRO	6:45 -		4:00 -		4:00 -	11:15 -
4 - 6 YRS WHT-PUR	4:00 - 4:30	6:00 - 6:30	4:30 - 5:00	4:00 - 4:30	5:45 - 6:15	10:00 - 10:30
7-12 YRS WHT, GLD, AND ORNG	4:30 - 5:15	6:30 - 7:15	5:00 - 5:45	6:30 - 7:15	4:30 - 5:15	10:30 - 11:15
7-12 YRS GRN, PURP, AND BLUE	5:15 - 6:00	4:30 - 5:15	5:45 - 6:30	7:15 - 8:00	4:30 - 5:15	10:30 - 11:15
7-12 YRS RED, BRN	6:00 - 6:45	5:15 - 6:00	6:30 - 7:15	4:30 - 5:15	4:30 - 5:15	10:30 - 11:15
TEENS AND ADULTS	7:15 - 8:15	8:00 - 9:00	7:15 - 8:15	8:00 - 9:00		9:00 - 10:00
MASTER'S CLUB	7:15 - 8:15	8:00 - 9:00	7:15 - 8:15	8:00 - 9:00		9:00 - 10:00
WEAPONS CLASS		7:15 - 8:00		5:45 - 6:30		
SPARRING CLASS	GOLD BELT	AND ABOVE	GEAR REQUIRED	5:15 - 5:45	LINE UP WITH	SPARRING GEAR ON
FORMS CLASS					5:15 - 5:45	
KID'S Brazilian Jiu Jitsu						9:15 - 10:15

Students are expected to:

1. Attend class on a regular and consistent basis (at least 2 times/week).
2. Arrive 5-10 minutes early for your scheduled class. If 10 minutes late, you are unable to attend class.
3. There can be no children left at the studio unattended, unless they are currently in a scheduled class.

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Class	MON.	TUES.	WED.	THURS.	FRI.	SAT.
KRAV MAGA Week 1 *	7:00 - * 8:00	7:00 - * 8:00				
KRAV MAGA Week 2 *			7:00 - * 8:00	7:00 - * 8:00		
ADULT CO-ED Brazilian Jiu Jitsu						10:30 - 11:30
OPEN ROLL Brazilian Jiu Jitsu						11:30 - 12:00

* **Krav Maga** classes alternate with classes being held on Monday/Tuesday one week and Wednesday/Thursday the next week. To check the class schedule, please visit www.elitedefensetactics.com/monthly-calendar/

Brazilian Jiu Jitsu classes are the same time each week.