



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

**CHAMPIONSHIP MARTIAL ARTS**  
**CLASS SCHEDULE EFFECTIVE      JANUARY 10, 2018**

Class	MON.	TUES.	WED.	THURS.	FRI.	SAT. (a.m.)
<b>INTRO</b> (Appointment Only)	7:00 - 7:30	4:00 – 4:30	4:00 – 4:30	4:00 – 4:30	4:00 – 4:30	12:00 – 12:30
<b>4 - 6 YRS BASIC</b>	4:00 - 4:30		4:30 - 5:00		5:00 - 5:30	11:30 – 12:00
<b>7-12 YRS BASIC</b>	4:30 - 5:00		5:00 - 5:30		4:30 - 5:00	11:30 – 12:00
<b>FAMILY CLASS</b> (All ages and levels)		6:30 - 7:15		6:45 – 7:30		10:45 – 11:30
<b>BBC/LEADERSHIP</b> Gld-Recommended Red	6:15 - 7:00		5:30 - 6:15	4:30 - 5:15	5:30 - 6:15	10:00 – 10:45
<b>BBC/LEADERSHIP</b> Red – Recommended Blk	5:00 - 5:45	4:30 - 5:15	6:45- 7:30		5:30 - 6:15	10:00 – 10:45
<b>TEENS and ADULTS</b>	7:30 - 8:15	7:15 – 8:00	7:30 - 8:15	8:00 – 8:45		9:00 – 9:45
<b>ADV CHARACTER</b> <b>DEVELOPMENT</b>		6:00 – 6:30		7:30 - 8:00	6:15 – 7:00	
<b>MASTER’S CLUB</b>	7:30 - 8:30	7:15 – 8:15	7:30 – 8:30	8:00 – 9:00		9:00 – 10:00
<b>WEAPONS CLASS</b>	5:45 - 6:15		6:15 – 6:45			
<b>KID’S</b> <b>BRAZILIAN JIU JITSU</b>		5:15 – 6:00		5:15 – 6:00		9:00 - 10:00
<b>SPARRING</b>		8:15 – 9:00		6:00 – 6:45		

For special events, go to [www.cmagriffin.com/monthly-calendar/](http://www.cmagriffin.com/monthly-calendar/)  
 (ask for login information in the front office)

For studio closings, go to [www.cmagriffin.com/closings/](http://www.cmagriffin.com/closings/)

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.

**ADULT BRAZILIAN JIU JITSU**

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Class	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN (p.m.)
<b>Brazilian Jiu Jitsu</b> (Co-Ed)			6:15 - 7:15			10:30 - 11:30	5:00 – 6:00
<b>Brazilian Jiu Jitsu</b> Blue Belt Prep/Review Technique Class					6:30 – 7:30		