



Cervizzi's Martial Arts Academy - Winthrop

MONTHLY SCHEDULE OF GROUP CLASSES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY***	SATURDAY
Week 1 - Sparring	Tiny tigers (4-5) 4:00-4:45 Black Belt Club 5:20-5:55 Kickboxing 6:00pm Adult class 7-8pm	Child class All ranks (6-9) 4:30-5:20 Teen Class All ranks (10-15) 5:30-6:20 Kickboxing 6:45pm	Tiny tigers (4-5) 4:00-4:45 Child Class All ranks(6-9) 5:00-5:50 Black Belt Club Adult 6:20-6:55 Adult class 7-8pm	Child class All ranks (6-9) 4:30-5:20 Teen Class All ranks (10-15) 5:30-6:20 Kickboxing 7:00pm	Advanced class Orange & above (6-14) 3:15 - 4pm Sparring Class (All ages all Ranks) 4:15-5:00	Kickboxing 8:15am Child class All ranks (4-9) 9:30-10:20am Teen/Adult Class All ranks 10:30-11:20
Week 2 - Skills/drills Kempos	Tiny tigers (4-5) 4:00-4:45 Black Belt Club 5:20-5:55 Kickboxing 6:00pm Adult class 7-8pm	Child class All ranks (6-9) 4:30-5:20 Teen Class All ranks (10-15) 5:30-6:20 Kickboxing 6:45pm	Tiny tigers (4-5) 4:00-4:45 Child Class All ranks(6-9) 5:00-5:50 Black Belt Club Adult 6:20-6:55 Adult class 7-8pm	Child class All ranks (6-9) 4:30-5:20 Teen Class All ranks (10-15) 5:30-6:20 Kickboxing 7:00pm	Advanced class Orange & above (6-14) 3:15 - 4pm Sparring Class (All ages all Ranks) 4:15-5:00	Kickboxing 8:15am Child class All ranks (4-9) 9:30-10:20am Teen/Adult Class All ranks 10:30-11:20
Week 3 - Combo's Jujitsu	Tiny tigers (4-5) 4:00-4:45 Black Belt Club 5:20-5:55 Kickboxing 6:00pm Adult class 7-8pm	Child class All ranks (6-9) 4:30-5:20 Teen Class All ranks (10-15) 5:30-6:20 Kickboxing 6:45pm	Tiny tigers (4-5) 4:00-4:45 Child Class All ranks(6-9) 5:00-5:50 Black Belt Club Adult 6:20-6:55 Adult class 7-8pm	Child class All ranks (6-9) 4:30-5:20 Teen Class All ranks (10-15) 5:30-6:20 Kickboxing 7:00pm	Advanced class Orange & above (6-14) 3:15 - 4pm Sparring Class (All ages all Ranks) 4:15-5:00	Kickboxing 8:15am Child class All ranks (4-9) 9:30-10:20am Teen/Adult Class All ranks 10:30-11:20
Week 4 Forms/ Weapons	Tiny tigers (4-5) 4:00-4:45 Black Belt Club 5:20-5:55 Kickboxing 6:00pm Adult class 7-8pm	Child class All ranks (6-9) 4:30-5:20 Teen Class All ranks (10-15) 5:30-6:20 Kickboxing 6:45pm	Tiny tigers (4-5) 4:00-4:45 Child Class All ranks(6-9) 5:00-5:50 Black Belt Club Adult 6:20-6:55 Adult class 7-8pm	Child class All ranks (6-9) 4:30-5:20 Teen Class All ranks (10-15) 5:30-6:20 Kickboxing 7:00pm	Advanced class Orange & above (6-14) 3:15 - 4pm Sparring Class (All ages all Ranks) 4:15-5:00	Kickboxing 8:15am Child class All ranks (4-9) 9:30-10:20am Teen/Adult Class All ranks 10:30-11:20

Programs and curriculum subject to change without notice

***Students must be enrolled in unlimited classes to attend Friday classes