

Autumn Term Class Timetable at CMAC - 1st September to 23rd December							
	Monday	Tuesday	Wednesday	Thursday	Friday	Friday	
16:00	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	11:30	Youth/Adult
	Tigers	Tigers	Tigers	Tigers	Tigers	Saturday	
17:00	Cranes	Cranes	Cranes	Cranes	Cranes	09:00	Beg Family
	Mini Mantis	Mini Mantis	Mini Mantis	Mini Mantis	Mini Mantis	10:00	Adv Family
	Mantis	Mantis	Mantis	Mantis	Mantis	11:00	Int Family
18:00	Dragons	Dragons	Dragons	DBN/Junior JKN	Dragons	Sunday	
19:00	Youth/Adult	Adv Youth/Adult	Beg/Int Youth/Adult	Youth/Adult JKN		16:00	Family
	Youth Black Belt					17:00	Adv Black Belts
20:00	Adult Black Belts	Beg/Int Youth/Adult	Adv Youth/Adult	Youth/Adult KSN/PSBN		Wednesday Bookham	
						18:15	Beginner/Inter
						19:15	Advanced

TINY TIGERS



4-6 yrs  
White/Yellow Belts

TIGERS



6-8 yrs  
White/Yellow Belts

CRANES



9-12 yrs  
White/Yellow Belts

MINI MANTIS



6-8 yrs  
Blue/Red/Brown Belts

MANTIS



9-12 yrs  
Blue/Red/Brown Belts

DRAGONS



12 yrs & under  
DBN/Black Belts

SPECIAL CLASSES

**FITNESS:** 19:00/20:00 1st Monday of the month, 2nd Tuesday of the month, 3rd Wednesday of the month, 4th Thursday of the month

**INSTRUCTOR TRAINING:** 20:00 1st thursday of the month