



891 Bloomfield Ave.

Clifton, NJ 07012

973-779-0200

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	4 PM: ½ Pint Dragons 4 1/2 - 6 yrs. old	3:45 : White / Yellow Sr. Yellow	Intros / Private lessons	3:45 Orange / Green Blue / Purple	Intros / Private lessons		
4:40 PM- 5:30 PM	White / Yellow Sr. Yellow	Orange / Green Blue / Purple	Orange / Green Blue / Purple	Red / Brown Black Belts	White / Yellow Sr. Yellow	9:00 AM - 9:35 AM	½ Pint Dragons 4 1/2 - 6 yrs. old
5:40 PM – 6:30 PM	Orange / Green Blue / Purple	Arya Dance 5:30 – 8:00	White / Yellow Sr. Yellow	Instructor Training	Sparring - Orange through Black	9:40 AM - 10:30 AM	All Belts 6 to 8 yrs. old
6:40 PM – 7:30 PM	Red / Brown Black Belts		Red / Brown Black Belts	White / Yellow Sr. Yellow	White / Yellow Sr. Yellow	10:40 AM - 11:30 AM	All Belts 9 and up
7:45 PM – 8:35 PM	All Ranks Adult / Teen Class		All Ranks Adult / Teen Class	Grappling	All Ranks Adult / Teen Class	11:40 AM - 12:30 PM	Orange & up Sparring
			Sparring 8:30 – 9:00			12:30 PM – 1PM 1:10PM -2:00	High Contact Spar Grappling

Schedule effective as of March 1st, 2014 / Chief Instructor: **Jim Meghdir**

1. Please arrive on time for class and pull attendance cards.
2. Senior Brown Belts can take any junior classes.
3. Orange Belts and above are to bring sparring gear to every class.
4. Students must wear CMA shirts or uniforms to class. WEAR FULL UNIFORMS ON TESTING DAYS
5. At least 2 classes per week are recommended.
E-mail: info@cliftonmartialarts.com with comments or questions / Thank You for Choosing Clifton Martial Arts Academy