

A-Days - Curriculum		B Days - Theme		C Days - Specialty	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 Morning Workout	6:00 Morning Workout	6:00 Morning Workout		
Legacy Club 9:00					
Lil Dragons 4-6 Years 5:00 - 5:30	Private Class 5:00-5:30	Private Class 5:00-5:30	Lil Dragons 4-6 Years 5:00 - 5:30	Champions Club 4:30-5:15	
Beginners 5:30 - 6:15	Beginners 5:30 - 6:15	Beginners 5:30 - 6:15	Beginners 5:30 - 6:15		
Black Belt Club 6:15 - 6:45			Sparring 6:15 - 7:00		
Intermediate Advanced 6:45 - 7:30			Intermediate Advanced 7:00 - 7:45	CHAMPIONSHIP MARTIAL ARTS TABLE ROCK LAKE 417-239-9378 info@cmatablerocklake.com www.cmatablerocklake.com 16585 MO-13 Suite E Branson West, MO 65737	