



# Changing Lives Martial Arts & Krav Maga

RM Academy

2277 Upton Drive Suite 704  
2017 Schedule Effective March 13

Course Progression Stages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Protech			Sparring Concepts Traditional Combat BME	
<b>Beginner</b> The CL MA & KM Beginner course is the perfect place for new students to start on the Basics!							
CL MA & KM Beginners (BC) train 1-2 x's a week on the basic concepts of martial arts training in 30 minute training sessions							
Tiny Tigers	5:15-5:45	5:15-5:45		5:15-5:45		9:00-9:30	
Karate For Kids	5:45-6:15	5:45-6:15	5:45-6:15	5:45-6:15		9:30-10:00	
Martial Arts For Adults		7:00-7:30		7:15-7:45		10:00-10:30	
Krav Maga		7:45-8:15		8:00-8:30		10:00-10:30	
<b>Black Belt Club</b> A Club Designed to teach Beginners the basics in sparring, weapons and a Black Attitude!							
CL MA & KM Black Belt Club (BBC) students excel as a Beginner student with additional sparring and weapons training. 30 minute classes							
Tiny Tigers	5:15-5:45	5:15-5:45		5:15-5:45		9:00-9:30	
Karate For Kids	5:45-6:15	5:45-6:15	5:45-6:15	5:45-6:15		9:30-10:00	
Martial Arts For Adults		7:00-7:30		7:15-7:45		10:00-10:30	
Krav Maga		7:45-8:15		8:00-8:30		10:00-10:30	
<b>Master Club</b> The Master Club is an Intermediate training course designed to prepare students for advanced training							
Master Club training allows students to train 1-2 x's per week 45 minute classes in an intermediate level environment geared to creating Black Belts.							
Tiny Tigers	5:15-5:45	5:15-5:45		5:15-5:45		9:00-9:30	
Karate For Kids		6:15-7:00	6:15-7:00	6:30-7:15		11:15-12:00	
Martial Arts For Adults		7:00-7:45	7:15-8:00	7:15-8:00		10:00-10:45	
Krav Maga		7:45-8:30		8:00-8:45		10:00-10:45	
<b>Leadership Course</b> Leadership students learn the fundamentals of leadership training as a CL MA or KM Coach							
The CLMA LC allows students to train 1-3 x's per week 45 minute classes in an Intermediate level with an emphasis on leadership skills							
Tiny Tigers	5:15-5:45		5:15-5:45	5:15-5:45		9:00-9:30	
Karate For Kids		6:15-7:00	6:15-7:00	6:30-7:15		11:15-12:00	
Martial Arts For Adults		7:00-7:45	7:15-8:00	7:15-8:00		10:00-10:45	
Krav Maga		7:45-8:30	8:00-8:45	8:00-8:45		10:00-10:45	
<b>LEGACY Member</b> Our LEGACY students are TOP NOTCH students with Advanced Training skills sets							
Our LEGACY Member (LM) is our #1 Program with 70% of our student base training in the Nationally recognized Program. <i>-Unlimited class Training-</i>							
Tiny Tigers	5:15-5:45		5:15-5:45	5:15-5:45		9:00-9:30	
Karate For Kids	6:15-7:00	6:15-7:00	6:15-7:00	6:30-7:15		11:15-12:00	
Martial Arts For Adults		7:00-7:45	7:15-8:00	7:15-8:00		10:00-10:45	
Family Class	7:00-7:45					10:45-11:15	
Krav Maga	7:45-8:30	7:45-8:30	8:00-8:45	8:00-8:45		10:00-10:45	
<b>Specialty Training</b> The CL MA & KM Specialty Training is for LEGACY Members that have the desire to excel <i>By Invitation Only</i>							
Its more then kicking and punching its character developmental skills and specialty training that enhances our students							
CLMA Extreme Team-XMA			6:15-7:15			12:45-1:30	
CLMA Demo Team			6:15-7:15			12:45-1:30	
Competition Team			6:15-7:15			12:45-1:30	
Train the Trainer Juniors & Adults						12:00-12:45	