

# 2024 CMAA TRAINING SCHEDULE

Belt Rank	Monday	Tuesday	Wednesday	Thursday	Friday
<b>LITTLE NINJAS TRAINING SCHEDULE (30 MINUTES) AGES 4-5</b>					
Little Ninjas		4:30	6:00	5:15	
<b>JUNIORS TRAINING SCHEDULE (45 MINUTES) AGES 6-10</b>					
White	4:30		6:30		5:15
Gold & Green		5:45	4:30		6:00
Purple & Blue	5:15	5:00			6:45
Red, Brown, Novice Black	6:00			6:00	4:30
Junior Black		7:30	7:15	7:30	
<b>TEEN / ADULT TRAINING SCHEDULE (45 MINUTES) AGES 11 &amp; UP</b>					
White to Green	7:30	6:45		6:45	
Purple and UP		7:30	7:15	7:30	
2nd Dan & UP	6:45		5:15 or 7:15	7:30	



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## 2024 Vacation Dates

Spring Break: 3/27 to 4/2

Labor Day Break: 8/30 to 9/2

Memorial Break: 5/24 to 5/27

Thanksgiving Break: 11/27 to 11/29

4th of July Break: 7/3 to 7/5

Winter Break: 12/23 to 01/3/25

Summer Break: 8/5 to 8/9