

2023 CMAA TRAINING SCHEDULE

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



CapitolMA.com
703/924-1234

2023 Vacation Dates

Spring Break: 4/5 to 4/7

Labor Day Break: 9/1 to 9/4

Memorial Break: 5/26 to 5/29

Thanksgiving Break: 11/22 to 11/24

4th of July Break: 6/30 to 7/4

Holiday Break: 12/22 to 12/26

Summer Break: 7/31 to 8/4

New Years Break: 12/29 to 12/30