










ALOHA CJF ACADEMY – ZOOM TRAINING SCHEDULE

www.alohacjffroundrock.com

512.766.7024

Class Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Little's Program (3 - 5)		5:30 pm – 6:10 pm		5:30 pm – 6:10 pm			
Kid's Program (6-12)		5:30 pm – 6:10 pm		5:30 pm – 6:10 pm			
Adult/Teen (13+) Program (All Levels)	6:30 pm – 7:10 pm		6:30 pm – 7:10 pm				
Yoga w/Melissa		6:30 pm – 7:10 pm		6:30 pm – 7:10 pm			



ONLINE PROGRAM – Techniques, Drills, and Schedule posted on Website and private FB Group for Self-Directed Learning. Take Video of Yourself and Send to Professor Myron for Feedback. Friend Request Professor Myron to gain access to Private Group.