



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tigers						
Little Tigers (age 3-4)	4:00 - 4:30	4:00 - 4:30	11:00 - 11:30 4:00 - 4:30	11:00 - 11:30 4:00 - 4:30	4:00 - 4:30	9:00 - 9:30
Big Tigers (ages 5-6) White + Orange w/White Stripe Belts	4:30 - 5:00	5:00 - 5:30	11:00 - 11:30 4:30 - 5:00	11:00 - 11:30 5:00 - 5:30	4:30 - 5:00	9:30 - 10:00
Advanced Tigers Orange w/ Black Stripe Belts and Up	5:00 - 5:30	4:30 - 5:00	11:00 - 11:30 5:00 - 5:30	11:00 - 11:30 4:30 - 5:00	5:00 - 5:30	10:00 - 10:30
Basic						
White Belt	6:15 - 6:45	5:30 - 6:00	11:30 - 12:00 6:15 - 6:45	11:30 - 12:00 5:30 - 6:00	-	10:30 - 11:00
Orange/Yellow	5:30 - 6:00	6:00 - 6:30	11:30 - 12:00	11:30 - 12:00 6:00 - 6:30	5:30 - 6:00	11:00 - 11:30
Camo/Green/Purple	6:45 - 7:15	-	11:30 - 12:00 5:30 - 6:00	11:30 - 12:00 6:00 - 6:30	6:15 - 6:45	11:45 - 12:15
Blue/Brown/Red	-	6:45 - 7:30	11:30 - 12:00 6:45 - 7:15	11:30 - 12:00 6:45 - 7:30	6:15 - 7:00	11:45 - 12:30
Rec Black Belt	-	-	7:30 - 8:15	-	-	8:15 - 9:00
Black Belt	7:15 - 8:00 Black Belts Only	7:30 - 8:15 Black Belts Only	11:30 - 12:00 6:45 - 7:30	11:30 - 12:00 6:30 - 7:30	6:00 - 7:00	11:30 - 12:30
Teen + Adult Class	-	-	8:15 - 9:00	-	-	-
Leadership						
Orange/Yellow	5:30 - 6:15	6:00 - 6:45	11:30 - 12:00	11:30 - 12:15 6:00 - 6:45	5:30 - 6:15	11:00 - 11:45
Camo/Green/Purple	6:45 - 7:30	-	11:30 - 12:00 5:30 - 6:15	11:30 - 12:15 6:00 - 6:45	6:00 - 6:45	11:30 - 12:15
Blue/Brown/Red	-	6:30 - 7:30	11:30 - 12:00 6:45 - 7:30	11:30 - 12:15 6:30 - 7:30	6:00 - 7:00	11:30 - 12:30
Rec Black Belt	-	-	7:30 - 8:15	-	-	8:15 - 9:00
Black Belt	7:15 - 8:00 Black Belts Only	7:30 - 8:15 Black Belts Only	11:30 - 12:00 6:45 - 7:30	11:30 - 12:15 6:30 - 7:30	6:00 - 7:00	11:30 - 12:30
Jr. Instructor/Instructor	-	-	-	7:30 - 8:15	-	-

Camo Belts & Up: Don't forget to wear your gloves and shin guards to every class. They're important for keeping everyone safe and improving your training!

Camo-Red Belts: Can't make your regular class? No problem! You're welcome to join a lower-rank class (e.g., Blue Belts can attend C/G/P classes).

Rec. Black Belts: Try to join as many Blue/Brown/Red classes as you can in addition to your regular Rec. Black Belt classes. It'll help you keep up with your fitness and practice your sparring.

Little Tigers: Please only attend the Little Tiger classes. The curriculum and expectations are very different, so coming to the Big Tigers class will hurt your Little Tigers confidence.