

# T.E.A.M. University Class Schedule

## Strength & Conditioning / BBMAC

• 10576 Metropolitan Avenue Kensington, MD • 301.946.5425 •

• bbmac.com • teamuxfit.com • [info@bbmac.com](mailto:info@bbmac.com) •

Time	Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 AM	O / Z	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	
6:45 AM	Z	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
9:30 AM	O / Z	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning	Strength & Conditioning
10:00 AM	Z						Kickboxing
10:45 AM	O / Z						Tiny Tigers
							Little Dragons
11:15 AM	O / Z						TKD 7 – 9
							TKD 10 – 14
							Black Belt
12:00 PM	O		Strength & Conditioning		Strength & Conditioning		
	Z						
4:30 PM	O / Z	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	
	O / Z	Little Dragons	Little Dragons	Little Dragons	Little Dragons	Little Dragons	
5:00 PM	O / Z	TKD 7 – 9	TKD 7 – 9	TKD 7 – 9	TKD 7 – 9	TKD 7 – 9	
5:45 PM	O / Z	TKD 10 – 14	TKD 10 – 14	TKD 10 – 14	TKD 10 – 14	TKD 10 – 14	
	O / Z	Black Belt	Black Belt	Black Belt	Black Belt	Black Belt	
6:30 PM	Z	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
6:30 PM	O / Z	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	

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#### Programs

Tiny Tigers	Tiny Tiger Students (3 & 4 year olds)
Little Dragons	Any Little Dragon Student (5 & 6 year olds)
TKD 7-9 year old	Tae Kwon Do Students: White – Advanced Brown Belts (7 to 9 year olds)
TKD 10-14 year old	Tae Kwon Do Students: White – Advanced Brown Belts (10 to 14 year olds)
Black Belt	Tae Kwon Do Students: Provisional Black Belts & Black Belts
Kickboxing	All Adults
Strength & Conditioning	All Adults

#### Important Information About Your Class

1. **Uniform/Patches:** Martial Arts Athletes – wear BBMAC uniform & belt to class.
2. **Equipment:** Martial Arts Athletes – You are required to bring the required BBMAC equipment to each class.  
Outdoor Classes - bring a mask, yoga mat & water bottle, and are not to handle any other athletes' equipment for any reason.
3. **Be 5 minutes early:** You want to have time to get set up and prepared for class.
4. **Reserve a spot in class on your online portal.** This is a MUST for outdoor classes.
5. **Parents, siblings, & guests:** Are only allowed on the mats if invited by an instructor and shoes MUST be removed. Siblings need to be supervised at all times. Running around is prohibited.
6. **Missed classes:** You can make classes up at any time. Just come in to the appropriate class whenever it is convenient for you to make up any missed sessions. Make sure to reserve a space!

#### Where is my class?

O: Outdoor

Z: Zoom