

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 •

Time	Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniform		Full Uniform	Full Uniform	Full Uniform	T-Shirt/Shorts	T-Shirt/Shorts	T-Shirt/Shorts
6:30 AM	B		Kickboxing Muay Thai		Kickboxing Muay Thai		
	A	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	
9:00 AM	B						Kickboxing Muay Thai
	B						Strength & Conditioning
9:30 AM	A	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning	
10:10 AM	B						Tiny Tigers
	B						Little Dragons
10:45 AM	B						TKD 7 – 9
11:00 AM	B	Kickboxing Muay Thai		Kickboxing Muay Thai		Kickboxing Muay Thai	
11:35 AM	B						TKD 10 – 14
	B						Black Belt
12:00 PM	A	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	
4:15 PM	B	TKD 10-14	Tiny Tigers	TKD 10-14	Tiny Tigers	TKD 10-14	
	B	Black Belt	Little Dragons	Black Belt	Little Dragons	Black Belt	
4:55 PM	B		TKD 7-9		TKD 7-9		
5:10 PM	B	Tiny Tigers		Tiny Tigers		Tiny Tigers	
	B	Little Dragons		Little Dragons		Little Dragons	
5:30 PM	A	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	
5:45 PM	B	TKD 7-9	Kickboxing Muay Thai	TKD 7-9	Kickboxing Muay Thai	TKD 7-9	
6:30 PM	A	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning	
	B	Kickboxing Muay Thai		Kickboxing Muay Thai		Kickboxing Muay Thai	
6:45 PM	B		TKD 10 – 14		TKD 10 – 14		
	B		Black Belt		Black Belt		

Effective: February 20, 2024

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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
Muay Thai 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.
3. **Be 5 minutes early:** You want to have time to get set up and prepared for class.
4. **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.
5. **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?

A: Classroom to the left

B: Middle classroom

C: Classroom to the right