



**\*Reservation required:** students must book their classes in advance bi-weekly (we will send a link to book one week in advance. First come, first serve).

**\*1 Academy class per week:** In-person Academy classes will be limited to 1 per week per student during this phase of our re-opening. This is to ensure that all students have an opportunity to attend class.

**\*Unlimited online classes:** we have added a full slate of classes on Friday.

**\*Wear uniform to class:** No one will be allowed to change in locker rooms or restrooms.

**\*Smaller groups:** We will be holding classes a max of 10 students for each class to maintain social distancing measures and comply with New York State guidelines.

**\*Wear a mask:** students can wear our Academy branded masks or wear their own.

**\*One way in, one way out:** students will enter from our normal entrance door and exit out the training area door to limit exposure to more students.

**\*Curbside drop off & pickup:** Parents will only be able to drop off students for class at this time.

**\*Adjusted curriculum:** no close contact or sparring will occur in class.

**\*Leadership classes:** will be virtual until further notice.

**\*No Sparring Gear:** please leave your gear at home. Bring weapons only for weapons week (week 4).

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15 - 5:00PM	<u>Advanced class</u> purple, red, brown	<u>Intermediate class</u> orange, green, blue	<u>Advanced class</u> purple, red, brown	<u>Intermediate class</u> orange, green, blue	<u>Beginner class</u> Little Tigers white & yellow	<b>9:00AM</b> <u>Beginner class</u> Little Tigers white & yellow
5:00 - 5:45PM	<u>Intermediate class</u> orange, green, blue	<u>Beginner class</u> Little Tigers white & yellow	<u>Beginner class</u> Little Tigers white & yellow	<u>Advanced class</u> purple, red, brown	<u>Intermediate class</u> orange, green, blue	<b>9:45AM</b> <u>Intermediate class</u> orange, green, blue
5:45 - 6:30PM	<u>Beginner class</u> Little Tigers white & yellow	<u>Advanced class</u> purple, red, brown	<u>Intermediate class</u> orange, green, blue	<u>Beginner class</u> Little Tigers white & yellow	<u>Advanced class</u> purple, red, brown	<b>10:30AM</b> <u>Advanced class</u> purple, red, brown
6:30 - 7:15PM	<u>Black Belt Prep class</u> red/black & deputy	<u>Black Belt Prep class</u> red/black & deputy	<u>Black Belt Prep class</u> red/black & deputy	<u>Black Belt Prep class</u> red/black & deputy	<u>Black Belt Prep class</u> red/black & deputy	<b>11:15AM</b> <u>Black Belt Prep class</u> red/black & deputy
7:15 - 8:00PM	Black Belt class	Black Belt class	Black Belt class	Black Belt class	Black Belt class	<b>12:00PM</b> Black Belt class
8:00 - 8:45PM	<u>Adult/Teen class</u>	<u>Adult/Teen class</u>	<u>Adult/Teen class</u>	<u>Adult/Teen class</u>	<u>Adult/Teen class</u>	
8:45 - 9:30PM	TK2 Fitness class (Hybrid)	TK2 Fitness class (Hybrid)	TK2 Fitness class (Hybrid)	TK2 Fitness class (Hybrid)		