



- ***Reservation required:** students must book their classes in advance bi-weekly (we will send a link every other Sunday. First come, first serve).
- ***2 Academy classes per week:** In-person Academy classes will be limited to 2 per week per student during Phase II.
- ***Unlimited online classes:** Online Zoom classes will continue on Mondays, Wednesdays and Fridays.
- ***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 14 students for each class during Phase II.
- ***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.
- ***Sparring Gear & Weapons:** Students must come prepared with their arms guards, leg guards and gloves on for Sparring Week (3rd week of each month). Please do not bring your Sparring Bag. No other gear will be necessary during Phase II. 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	8:30AM <u>Adult/Teen class</u> (Black belts included)
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	9:15AM <u>Beginner class</u> Little Tigers white & yellow
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	10:00AM <u>Intermediate class</u> orange, green, blue
6:30 - 7:15PM	<u>Black Belt Prep class</u> red/black & deputy <u>TK2: Focused Fitness</u>	<u>Black Belt Prep class</u> red/black & deputy <u>TK2: Focused Fitness</u>	<u>Black Belt Prep class</u> red/black & deputy <u>TK2: Focused Fitness</u>	<u>Black Belt Prep class</u> red/black & deputy <u>TK2: Focused Fitness</u>	<u>Black Belt Prep class</u> red/black & deputy <u>Sparring Team</u>	10:45AM <u>Advanced class</u> purple, red, brown
7:15 - 8:00PM	<u>Black Belt class</u> (Kids only)	<u>Black Belt class</u> (Kids only)	<u>Black Belt class</u> (Kids only)	<u>Black Belt class</u> (Kids only)	<u>Black Belt class</u> (Kids only)	11:30PM <u>Black Belt Prep class</u> red/black & deputy <u>Sparring Team</u>
8:00 - 8:45PM	Adult/Teen class (Black belts included)	Adult/Teen class (Black belts included)	Adult/Teen class (Black belts included)	Adult/Teen class (Black belts included)	DEMO TEAM PRACTICE	12:15PM <u>Black Belt class</u> (Kids only)