



***Reservation required:** students must book their classes in advance bi-weekly (we will send a link every other Sunday. First come, first serve).

***3 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.

***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.

***Leadership classes:** will be held on Zoom.

***Sparring Gear & Weapons:** Students must come prepared with their arms guards, leg guards and gloves on for Sparring Week (3rd week of each month) and bring your FULL gear. Bring weapons only for weapons week (week 4).

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