



## Weekly Schedule Effective April 13, 2021

	M	T	W	Th	F	Sa
Lil Tigers	5:30 PM	-	-	5:30 PM	5:30 PM	-
Kids Live Streaming	5:30 PM	5:30 PM	-	5:30 PM	5:30 PM	-
Kids On Site (Appointment)	5:30 PM	-	5:30 PM	-	5:30 PM	9:30 AM
Teens/Adults LIVE Streaming	6:30 PM	6:30 PM	6:30 PM	6:30 PM	-	-
Teens/Adults On site (Appointment)	6:30 PM	6:30 PM	-	6:30 PM	-	-
Black Belt (Onsite and LIVE Stream)	-	-	-	7:30 PM	-	-
Stripe Workshops and Sports Clinic	Announce	Announce	Announce	Announce	Announce	Announce
LIVE Chat Teens/Adults (Mat Chat)	-	7:20 PM	-	7:20 PM	-	-
Ultimate Leadership Training	-	-	-	-	6:30 PM	-
Living Fit (Teens/Adults Fitness)	-	-	-	-	-	11:00 AM
LT/Kids Beginner/White/Yellow belt On	-	5:30 PM	-	-	-	-

**Ages:** Lil Tigers 4-6, Kids 6-12, Teens 12-15, Adults 16+ (individuals are assessed for proper program)

**Private Lessons:** LIVE and On Site - By appointment only

All on site activities by appointment only

Stripe Workshops and Sports Clinics are announced in advance as needed

### Formula for success

- \* Attend 2-3 classes/wk
- \* Take private lessons
- \* Practice at home

### Minimum class attendance/cycle to Test

White	Yellow & Orange	Green & Blue	Purple & Brown	Red & Red/Blk	Black
10	12	14	14	16	16