



## Weekly Schedule Effective Nov 17, 2020

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

<b>White</b>	<b>Yellow &amp; Orange</b>	<b>Green &amp; Blue</b>	<b>Purple &amp; Brown</b>	<b>Red &amp; Red/Blk</b>	<b>Black</b>
10	12	14	14	16	16