



Weekly Schedule Effective Sep 9, 2020

| | 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 | 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 |

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 |