



Lesson Schedule

Rank/Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger Cubs (4-5)	4:15 - 4:45pm	5:15 - 5:45pm	-	5:15 - 5:45pm	-	9:30 - 10:00am
Juniors (6-10) White & Yellow	4:50 - 5:35pm	5:45 - 6:30pm	4:45 - 5:30pm	-	4:30 - 5:15pm	11:00 - 11:45am
Juniors (6-10) Green - Black	5:40 - 6:25pm (Green - Red) 7:15 - 8:00pm (Black Belts)	4:30 - 5:15pm	5:30 - 6:30pm (BLACK BELTS ONLY)	5:45 - 6:30pm	5:15 - 6:00pm	11:00 - 11:45am (Regular) 12:15 - 1:00pm (XP Class)
Teens (11-15) All Ranks	6:30 - 7:15pm (White - Red) 7:15 - 8:00pm (Black Belts)	6:30 - 7:15pm	5:30 - 6:30pm (BLACK BELTS ONLY)	6:30 - 7:15pm	6:00 - 6:45pm	10:00 - 10:50am (Regular) 12:15 - 1:00pm (XP Class)
Adults (16+) All Ranks	6:30 - 7:15pm (White - Red) 7:15 - 8:00pm (Black Belts)	6:30 - 7:15pm	5:30 - 6:30pm (BLACK BELTS ONLY)	7:15 - 8:15pm	6:00 - 6:45pm	10:00 - 10:50am (Regular) 12:15 - 1:00pm (XP Class)
Lunch Classes Teens & Adults	12:00 - 1:00pm			12:00 - 1:00pm		

Honors Team Training
Saturdays 11:45 - 12:15pm

Leadership/Instructor Team Training
Tuesdays 7:15 - 8:00pm

Extreme Performance (XP Training)
Saturdays: 12:15pm - 1:00pm
Session Fee is Required ~ Limited Enrollment

ON TIME POLICY: LATE STUDENTS RECEIVE NO LESSON CREDIT! PLEASE BE 5 MINUTES EARLY!

MINIMUM CLASSES TO TEST

Tiger Cubs & White
Yellow Green, Blue
Brown & Red
Black Belts

6 10 12 21

Students must Test to earn new rank!
2-3 Lessons Weekly is Recommended

Formula For Success!

+ATTEND CLASS 2-3 TIMES A WEEK
+ONE 30-MINUTE PRACTICE SESSION AT HOME EACH WEEK
+ONE PRIVATE LESSON PER MONTH OR PER TESTING CYCLE
= SUCCESS!

PRIVATE LESSONS

Available by appointment only. See Instructor(s) for details.

Visit Us Online:
TRMABRIDGECITY.COM



Location:
1955 Miller Drive
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