

Summer Training Schedule

RANK	MON	TUE	WED	THU	FRI	SAT
Tiger Cubs (4-5)	–	4:30-5:00pm	–	5:30-6:00pm	5:30-6:00pm	–
Juniors (6-10) White & Yellow	4:30-5:10pm	5:30-6:10pm	–	–	6:30-7:10pm	–
Juniors (6-10) Green & Blue	5:30-6:10pm	6:30-7:10pm	4:30-5:10pm	6:30-7:10pm	–	–
Juniors (6-10) Brown - Black	6:30-7:10pm	6:30-7:10pm	5:30-6:10pm	4:30-5:10pm	–	–
Teens & Adults (11+)	7:30-8:10pm	7:30-8:10pm	6:30-7:10pm	7:30-8:10pm	–	–

DAYTIME CLASSES

Juniors (6-10) All	11:00-11:40am	–	–	11:00-11:40am	–	–
Teens & Adults (11+)	12:00-12:40pm	–	–	12:00-12:40pm	–	–

HONORS TRAINING: FRIDAYS 4:30-5:10pm



VIRTUAL TRAINING

This Tiger-Rock academy offers 24/7 virtual online training as part of your membership. Please see us for more information.



ON-TIME POLICY

This Tiger-Rock academy has a strict on-time policy. Students are encouraged to arrive at least 10 minutes before the start of class.

- You may attend up to three (3) in-person classes per week at the academy.
- For the health and safety of all students, parents, and staff, please observe all social distancing guidelines.
- Please sanitize their uniforms, bag gloves, target, mat shoes, and socks, both before and after each class.
- Live online lessons are available through ZOOM®. Please see an academy staff member for details.