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	ı	ı	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	ı	-
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



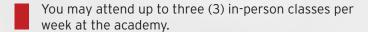
VIRTUAL TRAINING

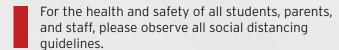
This Tiger-Rock academy offers 24/7 virtual online training as part of your membership. Please see us for more information.



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.





Please sanitize their uniforms, bag gloves, target, mat shoes, and socks, both before and after each class.

