



TIGER-ROCK MARTIAL ARTS OF BRIDGE CITY

LESSON SCHEDULE

EFFECTIVE DATE 4/19/2021

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|---|-------------|-------------|--|-------------|-------------|
| TIGER CUBS | No Lesson | 4:30-5:00pm | No Lesson | 5:40-6:10pm | 5:20-5:50pm | No Lesson |
| JUNIORS White/Yellow | 11:00-11:40am 4:30-5:10pm | 5:15-5:55pm | No Lesson | 11:00-11:40am 4:45-5:25pm | 6:00-6:40pm | 9:15-9:55am |
| JUNIORS Green-Black | 11:00-11:40am 5:30-6:10pm | 6:05-6:45pm | 4:30-5:10pm | 11:00-11:40am 6:20-7:00pm | No Lesson | 9:15-9:55am |
| TEENS & ADULTS | 12:00-12:40pm 6:30-7:10pm | 7:00-7:40pm | 5:30-6:10pm | 12:00-12:40pm 7:15-7:55pm | No Lesson | No Lesson |
| BLACK BELT | 2nd Saturday of The Month (Bridge City) 11:15AM - 12:30PM | | | 4th Saturday of The Month (Mid-County) 11:15AM - 12:30PM | | |
| SPECIAL TRAINING | Leadership Training Fridays, 4:30-5:30pm | | | XP Training Saturdays, 10:00-10:40am | | |

If you are exhibiting any symptoms such as coughing, sneezing, runny nose, etc., please refrain from coming to the academy.

BE ON TIME.

- + Students should **arrive 5-10 minutes before each lesson.**
- + Late students will not receive any lesson credit.

SUCCESSFUL STUDENTS:

- + Attend class 2-3 times per week
- + Do practice sessions at home
- + Do private lessons once per cycle

TESTING GUIDELINES:

- + **10 Lessons** for Tiger-Cubs
- + **12 Lessons** for White-Red Belts
- + **14 Lessons** for Black Belts
- + **Must test to earn new rank!**

A PROUD BRIDGE CITY TRADITION SINCE 2010.



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