



# TIGER Academy of Suffolk Schedule

Specializing in Personal Development and Practical Self-defense

[www.TigerAcademyOnline.com](http://www.TigerAcademyOnline.com)

## Adult Class Schedule

### Muay Thai Kickboxing (Self-defense and Fitness)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
Introductory Class	7:00 - 7:30		7:00 - 7:30		
Fundamentals	12:00 - 12:45 7:30 - 8:15	7:30 - 8:10	12:00 - 12:45 7:30 - 8:15	7:30 - 8:15	10:00 - 10:45

### Jiu Jitsu for Self -Defense

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
Introductory to Jiu Jitsu					
Jiu Jitsu Self-defense	7:30 - 8:15		7:30 - 8:15		11:00 - 11:45

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