



TIGER Academy Youth Schedule

Specializing in Personal Development and Practical Self-defense

www.TigerAcademyOnline.com

Tiny TIGER Stand & Defend™ - Ages 3 – 4 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
Introductory Class					9:30 – 10:00
All Levels	5:45 - 6:15	4:00 - 4:30	5:45 - 6:15	4:00 – 4:30	9:00 – 9:30

Jr. TIGER Cubs Stand & Defend™ - Ages 5 – 6 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
White – Jr. Orange	4:00 – 4:45	5:30 – 6:15	4:00 – 4:45	5:30 – 6:15	12:00 – 12:30
Jr. Green – Jr. Black	5:00 – 5:45	4:30 – 5:15	5:00 – 5:45	4:30 – 5:15	10:00 – 10:45 Timing Sparring

TIGER Youth Stand & Defend™ - Ages 7 – 13 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White – Orange Beginners	4:30 – 5:15 Thai Boxing	6:15 – 7:00 Thai Boxing	4:30 – 5:15 Skills & Drills	6:15– 7:00 Skills & Drills		11:00 – 11:45 Timing Sparring
Green – Purple Fundamentals 1	5:30 – 6:15 Thai Boxing	4:30 – 5:15 7:00 – 7:45 Thai Boxing	5:30 – 6:15 Spar/Defense	4:30 – 5:15 7:00 – 7:45 Spar/Defense		12:00 – 12:45 Total Defense
Purple 1 – Blue 1 Fundamentals 2	6:30 – 7:15 Thai Boxing	4:30 – 5:15 Thai Boxing	6:30 – 7:15 Spar/Defense	4:30 – 5:15 Spar/Defense		12:00 – 12:45 Total Defense
Brown – Black Advanced	6:30 – 7:15 Thai Boxing	5:30 -6:15 Thai Boxing	6:30 – 7:15 Spar/Defense	5:30 – 6:15 Spar/Defense		12:00 –12:45 Total Defense
Black Belt Club					6:00 -6:50 1 st & 3 rd Friday	

TIGER Teen Advanced Training Program – Ages 14 - 19 years old

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Blue - Black		7:45 -8:30		7:45 – 8:30		9:00 – 9:50

Tiger Youth Control and Roll™ - Ages 7 – 13 years old

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday
Little Grapplers (5 - 9)	5:30 – 6:15		5:30 – 6:15		5:30 – 6:15
Jiu Jitsu JRs. (10 -13)	5:30 – 6:15		5:30 – 6:15		5:30 – 6:15

The 4th Friday and Saturday of the month is Level Testing. There are no classes on these days.

Students who are testing will be notified by email.

5801 Portsmouth Blvd Portsmouth Virginia 23701 (757) 488 – 3882



TIGER Academy Adult Schedule

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Tiger Combatives: Kali/ Filipino Martial Arts

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TIGER Combative		7:30 -9:00		7:30 – 9:00		

Muay Thai Kickboxing

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introductory	6:00 -6:30		6:00 -6:30			
All Levels		12:00 – 12:50 4:00 – 4:45		12:00 – 12:50 4:00 – 4:45	4:00 4:45	10:00 – 10:00
Beginners White – Green	6:30 -7:15		6:30 -7:15		6:30 -7:15 Conditioning	
Fundamentals/Adv. Purple – Black	7:30 – 8:15		7:30 – 8:15		6:30 – 7:15	

Karate for Adults

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels		10:00 – 11:00 7:00 – 7:45		10:00 – 11:00 7:00 – 7:45		11:00 – 11:50

Gracie Jiu Jitsu

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels		11:00 – 12:00		11:00 – 12:00		12:00 – 1:00
Introductory Class		7:00 -7:30		7:00-7:30		
Beginners		7:30 – 8:30		7:30 – 8:30		
Fundamentals/Adv.		7:30 – 9:00		7:30 – 9:00		

Fitness 360 (Women's Only Fitness Program)

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger 360	7:30 – 8:15	11:00 – 11:45	7:30 – 8:15	11:00 – 11:45		8:00 – 8:45

The 4th Friday of the month is Level Testing. There are no classes on this day. Students who are testing will be notified by email.

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