



TIGER Academy Youth Schedule

Specializing in Personal Development and Practical Self-defense

www.TigerAcademyOnline.com

Fall Student Schedule Effective 7/31/2017

Tiny TIGER Stand & Defend™ - Ages 3^{1/2} – 4 years old (Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White – Jr. Black	4:30 – 5:00	5:30 – 6:00	4:30 – 5:00	5:30 – 6:00		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	Friday	Saturday
White – Jr. Black	4:30 – 5:10	5:30 – 6:10	4:30 – 5:10	5:30 – 6:10		9:30 – 10:00

Jr. 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 – 9 th Gold Novice: Mat 1	5:15 – 6:00 Fundamentals	6:15 – 7:00 Fundamentals	5:15 – 6:00 Fundamentals	6:15 – 7:00 Fundamentals		11:00 – 11:45 Fundamentals
Gold – Orange Novice – Mat 2	5:15 – 6:00 Fundamentals	6:15 – 7:00 Fundamentals	5:15 – 6:00 Fundamentals	6:15 – 7:00 Fundamentals		11:00 – 11:45 Fundamentals
Green – 1 st Blue	6:15 – 7:00 Core	4:30 – 5:15 7:00 – 7:45 Core	6:15 – 7:00 Thai Boxing	4:30 – 5:15 7:00 – 7:45 Thai Boxing		12:00 – 12:45 Fundamentals
Brown – Black Advanced	6:15 – 7:00 Core	4:30 -5:15 Core	6:15 – 7:00 Thai Boxing	4:30 – 5:15 Thai Boxing		12:00 – 12:45 Total Defense
Black Belt Club Gold – 1 st Green					5:30 -6:15 1 st and 3 rd	
Black Belt Club Purple - Brown					6:30 -7:15 1 st and 3 rd	
Master's Club						1:00 -2:00 1 st & 3 rd

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
Kids Jiu Jitsu (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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Fall Student Schedule Effective 7/31/2017

TIGER Muay Thai Total Defense (Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muay Thai Total All Levels (A.M. Classes)		10:00 - 10:50		10:00 - 10:50		10:00 - 10:50
Muay Thai Total Novice	6:15 - 7:00		6:15-7:00		6:15 -7:00	
Muay Thai All Levels		4:00 - 4:50 6:30 - 7:15		4:00 - 4:50 6:30 - 7:15		
Muay Thai Total Intermediate/Advanced	7:00 - 7:50		7:00 - 7:50		7:00 -7:50	
Muay Thai Sparring Intermediate/Advanced	8:00 - 8:45		8:00 - 8:45			

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 - 8:00		10:00 - 11:00 7:00 - 8:00		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		10:00 - 11:00		10:00 - 11:00		
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	7:00 - 7:50		7:00 - 7:50			9:00-9:50

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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