



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
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	10:00 – 10:45
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 – 1 st Blue Fundamentals 1	6:30 – 7:15 Thai Boxing	4:30 – 5:15 7:00 – 7:45 Thai Boxing	6:30 – 7:15 Spar/Defense	4:30 – 5:15 7:00 – 7:45 Spar/Defense		12:00 – 12:45 Total Defense
Brown – Black Advanced	7:30 – 8:15 Thai Boxing	5:30 -6:15 Thai Boxing	7:30 – 8:15 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	
Master's Club						1:00 -1:50 1 st & 3 rd Saturday

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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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		9:15 - 10:00 Morning Class		9:15 - 10:00 Morning Class		10:00 – 10:50 Morning Class
Muay Thai Total All Levels	6:30 -7:30	4:00 – 4:50	6:30 -7:30	4:00 – 4:50	5:30 -6:30	
Muay Thai Fitness Bag Class		6:30 - 7:15		6:30 -7:15		12:00 – 12:50
Advanced Muay Thai/Sparring	7:30 – 8:15		7:30 – 8:15		6:30 – 7:30	

Muay Thai Fitness Bag Class: This High Energy Fitness Conditioning Class is designed to help you get into the best shape of your life. If you want a Great workout, Muay Thai Fitness is designed for you!

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 – 12:00

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		11:00 – 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		
Jiu jitsu 101						

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 Fitness Kick Boxing	7:30 – 8:15	11:00 – 11:50	7:30 – 8:15	11:00 – 11:50		8:30 – 9:15

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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