



TIGER Academy of Suffolk Schedule

Specializing in Personal Development and Practical Self-defense
www.TigerAcademyOnline.com

Adult Class Schedule

Muay Thai Kickboxing (Self-defense and Fitness) (Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
All Levels	12:00 – 12:45		12:00 -12:45		12:00 – 12:45
Fundamentals		7:30 -8:15		7:30 -8:15	
Intermediate/ Adv.		7:30 - 8:15		7:30 - 8:15	

Muay Thai All Levels – this course is for students that are in our fundamentals and advanced training program

Fundamentals- In this course, students will learn the Fundamental techniques of Muay Thai. Student will learn basic striking and defensive techniques while getting into shape.

Intermediate/Adv - This course is for students who have successfully completed the fundamentals. Students at this level of training, will experience a more depth look into the art of Muay Thai.

Jiu Jitsu for Self -Defense (Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
Jiu Jitsu all levels	7:30 - 8:15		7:30 - 8:15		11:00 – 11:45

Adult Karate

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
All Levels	6:30 - 7:15		6:30 - 7:15		12:00 – 12:45

1208 North Main St. Suite C, Suffolk, VA 23434 (757) 539 -5927