



# TIGER Academy of Suffolk Schedule

Specializing in Personal Development and Practical Self-defense

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

## Youth Class Schedule

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

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
All Levels	3:30 - 4:00	4:00 - 4:30	3:30 - 4:00	4:00 - 4:30	

### Tiger Cubs Stand & Defend™ - Ages 5 - 6 years old

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
Introductory Class	4:00 - 4:20	5:00 - 5:20	4:00 - 4:20	5:00 - 5:20	
All Levels	4:30 - 5:15	5:30 - 6:15	4:30 - 5:15	5:30 - 6:15	9:30 - 10:00

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

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
Introductory Class		5:00 - 5:20		5:00 - 5:20	
White – Orange Beginners	5:30 - 6:15	4:30 - 5:15	5:30 - 6:15	4:30 - 5:15	10:00 - 10:45
Green – Black Fundamentals 1		6:15 - 7:00		6:15 - 7:00	11:00 - 11:45

### Jiu Jitsu for Kids™ - Ages 7 – 13 years old

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
All Levels	6:45 - 7:30		6:45 - 7:30		1:00 - 1:45

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