



# 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 4 – 5 years old**

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
All Levels		4:00 - 4:30		4:00 - 4:30	9:00 - 9:30
Introductory Class	4:00 – 4:20		4:00 – 4:20		

**Tiger Cubs Stand & Defend™ - Ages 5 - 7 years old**

(Students may attend 2 to 3 classes only)

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

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

(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
Intro to Martial Arts	5:30 – 5:50		5:30 – 5:50		
White – Orange	6:00 – 6:40	4:30 – 5:10	6:00 – 6:40	4:30 -5:10	10:00 – 10:40
Green – 1st Purple	4:30 – 5:10	5:30 – 6:10	4:30 – 5:10	5:30 – 6:10	11:00 – 11:40
Blue - Black Belt	4:30 – 5:10	6:30 - 7:10	4:30 – 5:10	6:30 - 7:10	

**Control & Roll Jiu Jitsu for Kids™ - Ages 7 – 13 years old**(Students may attend 2 to 3 classes only)

Training Levels	Monday	Tuesday	Wednesday	Thursday	Saturday
All Levels	6:45 – 7:30		6:45 -7:30		10:00 -10:45

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