



TIGER Academy Adult Schedule

Specializing in Personal Development and Practical Self-defense

www.TigerAcademyOnline.com

5801 Portsmouth Blvd Portsmouth Virginia 23701 (757) 488-3882

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

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muay Thai 101 New Members Class	6:00 – 6:30		6:00 – 6:30		6:00 – 6:30	
Muay Thai Kickboxing All Levels	4:00 - 4:45 6:30 - 7:10		4:00 - 4:45 6:30 - 7:10		6:15 - 7:00	11:00 – 12:00
Muay Thai Combatives Intermediate/Adv	7:15 - 8:00		7:15 - 8:00			
Sparring Intermediate/Adv						12:00 – 12:30

Thai Kick Boxing 101 - this course is designed to give the beginner student the opportunity to develop the necessary skills to participate in the Thai Kickboxing All Levels Class.

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

Muay Thai Combatives - is a comprehensive approach towards implementing the techniques found in Muay Thai into a “Street Ready” Self-defense Program. This course is for students who have 6 months or more training experience.

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		10:00 -11:00

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		
Fundamentals		6:30 – 7:15		6:30 – 7:15		
Intermediate/Adv.		7:30 – 9:00		7:30 – 9:00		

Fundamentals- In this course, students will learn the Fundamental Jiu Jitsu techniques needed to advance into the Intermediate and Advanced program. Basic joint manipulation, throws, and positioning techniques will be taught in order to develop functional self-defense skills.

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 Jiu Jitsu.

The 4th Friday of the month is for students who are testing for rank advancement. There are no classes on this day. Students who are testing will be notified by email and or text.