



2022/23 SCHEDULE

Begins 8/8/22

ADULTS KIDS PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	TIGER TOT	3:40pm-4:20pm		3:40pm-4:20pm				10:50am-11:30am
	CUBS	4:30pm-5:20pm	5:30pm-6:20pm	4:30pm-5:20pm	5:30pm-6:20pm	4:30pm-5:20pm		10:50am-11:30am
	TIGER		4:30pm-5:20pm	5:30pm-6:20pm	4:30pm-5:20pm	5:30pm-6:20pm		10:50am-11:30am
	REDTIGER	5:30pm-6:20pm		5:30pm-6:20pm	6:30pm-7:20pm	5:30pm-6:20pm		10:50am-11:30am
	BLACK BELTS ONLY *ALL AGES*	6:30pm-8:00pm	6:30pm-7:30pm Probation and Black Belts all ages	6:30pm-8:00pm	6:30pm-7:20pm			 <p>Ask about our Birthday Parties!</p>
	TEEN/ADULTS	9am-10am & 6:30PM-8:00pm		9am-10am & 6:30pm-8:00pm		9am-10am & 6:30pm-8:00pm		<p><u>ELITE PROGRAMS</u> (by invitation only)</p> <p><u>8:00am-10:00am</u> OLYMPIC COMPETITION TRAINING TEAM</p>