



# Family Martial Arts Academy

## CLASS SCHEDULE

(Effective JUNE 7, 2021)



MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN
4:00pm-4:30pm Orientation  4:30pm - 5:30pm All Brown Belts	4:30-5:00 Orientation	4:00pm-4:30pm Orientation  4:30pm - 5:30pm All Brown Belts	4:30-5:00 Orientation	Private Students/ Open Floor 5:00pm- 7:00pm	<b>Tigers</b> Orientation 9:00am-9:30  <b>Tigers A &amp; B</b> 9:30am-10:00am 10:00am-10:30am	
5:30pm - 6:00pm <b>Tigers</b>	5:15pm-6:00pm Juniors White, Orange, Yellow and Gold Belts	5:30pm - 6:00pm <b>Tigers</b>	5:15pm-6:00pm Juniors White, Orange, Yellow and Gold Belts		10:30am 11:30am Saturdays – Family Class All Ranks/All Ages	
6:00pm-6:45pm Adults White, Orange, Yellow, Gold, Purple & Blue (Junior Level Family Members can join by permission)	6:00pm-6:45pm Juniors Purple, Green and Blue Belts	6:00pm-6:45pm Adults White, Orange, Yellow, Gold, Purple & Blue (Junior Level Family Members can join by permission)	6:00pm-6:45pm Juniors Purple, Green and Blue Belts		11:30am – 12:15pm Seasonal Focus Class 1 <sup>st</sup> and 3 <sup>rd</sup> Saturdays (Sparring, Weaponry, Alternate Styles, Etc. Brown Belts +  2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays (Stations Rotation Workout) ALL Junior and Senior Students are Welcome)	
6:45pm-7:45pm Sensei Mike's Advanced Topics Class (by Invitation)	6:45-7:30pm All Junior and Adult BBC & Black Belts Training Class	6:45pm-7:30pm Women Only Martial Arts White to Purple in Dojo Green Belt & Higher can go virtual (Please Check with Sensei Danni)	6:45-7:30pm All Junior and Adult BBC & Black Belts Training Class		1:15-2:00pm <b>Tai chi / Qigong</b>	
	<b>Taichi/Qigong</b> 7:45-8:30pm	7:30pm-8:30pm Sensei Mike's Advanced Topics Class (by Invitation)	<b>Taichi/Qigong</b> 7:45-8:30pm			

**BASIC RULES TO ATTEND CLASSES IN-PERSON AT THE DOJO SUBJECT TO PANDEMIC RULES**  
**PLEASE NOTE THAT OUR VIRTUAL/HYBRID CLASSES ARE TAUGHT AS ONE CLASS**  
**SIMULTANEOUSLY**

If you have any symptoms of sickness, please stay home and participate online.  
 To attend class at the school you must have prior permission from your instructor.  
 Only students scheduled to train are permitted in the school

(Limited number of parents may be inside or can wait in the parking lot).

Masks must be worn depending on Guidelines, and hands must be washed or sanitized before class starts. These supplies are available at the dojo. We will practice distancing in our training according to published Guidelines. Please disinfect dojo equipment after each use.

We offer virtual and in-person private classes at the dojo by appointment to help with any gaps in your training  
**Tai Chi For Better Balance meets 9:30am to 10:30am Wednesdays and Fridays (TCBB)**