



# Family Martial Arts Academy



## CLASS SCHEDULE (Effective AUGUST 23, 2021)

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN
4:30pm - 5:30pm All Brown Belts	4:30-5:00 Orientation	TCBB 9:30-10:30am  4:30pm - 5:30pm All Brown Belts	4:30-5:00 Orientation	TCBB 9:30am- 10:30am	<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 Belts	5:30pm - 6:00pm <b>Tigers</b>	5:15pm-6:00pm Juniors White & Orange Belts	Private Students/ Open Floor 5:00pm- 7:00pm	10:30am 11:30am Saturdays – Family Class All Ranks/All Ages	
6:00pm-6:45pm Adults White, Orange, Yellow, Gold, Purple, Green & Blue Junior Level Family Members can join by permission	6:00pm-6:45pm Juniors Yellow, Gold, Purple, Green and Blue Belts	6:00pm-6:45pm Adults White, Orange, Yellow, Gold, Purple, Green & Blue Junior Level Family Members can join by permission	6:00pm-6:45pm Juniors Yellow, Gold, Purple, Green and Blue Belts		11:30am – 12:15pm <b>Sparring</b>  <b>12:15pm - 1:00pm</b> Cardio/Strength- Training Program  All Junior & Senior Students 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	6:45-7:30pm All Junior and Adult BBC & Black Belts Training Class		1:15-2:00pm <i>Tai chi / Qigong</i>	
	<i>Taichi/Qigong</i> 7:45-8:30pm	7:30pm-8:30pm Sensei Mike's Advanced Topics Class (by Invitation)	<i>Taichi/Qigong</i> 7:45-8:30pm			

Zoom ID: 7149270547

**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**

Tai Chi For Better Balance meets 9:30am to 10:30am Wednesdays and Fridays (TCBB)

**PLEASE NOTE SATURDAY SPARRING (KUMITE) CLASSES TO PARTICIPATE REQUIRE YOU TO BE AGE 12 OR OLDER AND HAVE EARNED AT LEAST AN ORANGE BELT. 7-11 YEAR OLDS CAN PARTICIPATE WITH PERMISSION.**