



Family Martial Arts Academy



CLASS SCHEDULE (Effective January 3, 2022)

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN
4:30pm - 5:30pm All Brown Belts	TCBB 10:00am-11:00am 4:30-5:00 Tigers 3	4:30pm - 5:30pm All Brown Belts	TCBB 10:00am-11:00am 4:30-5:00 Tigers 3	Private Lessons by Appointment	Tigers Orientation 9:00am-9:30 Tigers A & B 9:30am-10:00am 10:00am-10:30am	
5:30pm - 6:00pm Tigers	5:15pm-6:00pm Juniors White & Orange Belts	5:30pm - 6:00pm Tigers	5:15pm-6:00pm Juniors White & Orange Belts	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		Sparring 11:30am – 12:15pm Kobudo 12:15pm - 1:00pm Privates by appointment	
6:45pm-7:45pm Sensei Mike's Advanced Topics Class	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 Tai Chi / Qigong	
	Taichi/Qigong 7:45-8:30pm	7:30pm-8:30pm Sensei Mike's Advanced Topics Class	Taichi/Qigong 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
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.