

SILENT TIGER MARTIAL ARTS

SCHOOL SCHEDULE

EFFECTIVE SEPTEMBER 1, 2020

PLEASE NOTE:

SCHOOL IS CLOSED ALL HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
5:00 – 5:30 TINY TIGERS	9:30-10:20 CUB CLASS SEASONAL AS SCHEDULED	9:30-10:20 CUB CLASS SEASONAL AS SCHEDULED	9:30-10:20 CUB CLASS SEASONAL AS SCHEDULED	ALTERNATING WEEKS SEPTEMBER – MAY ONLY 1 HR TOURNAMENT CLASS 30 MIN CARDIO/STRETCH STRENGTH/STRIKING/CONDITIONING CLASS AS SCHEDULED	SEMINARS SPECIAL EVENTS AS SCHEDULED
	4:45 – 5:30 WEAPONS 1 RANK: UP TO BLUE/STRIPE	4:45 – 5:30 WHITE – BLUE/STRIPE	5:00 – 5:45 SPARRING GROUP C		
5:30-6:15 WHITE - BLUE/STRIPE	5:30-6:15 SHO DO RYU	5:30 – 6:00 TINY TIGERS	5:45-6:15 TINY TIGERS		
6:15-7PM GREEN – RED/STRIPE		6:00-7:00 GREEN – RED/STRIPE	6:15-6:45 ALL RANK		
7:00-7:45 TEENS/ADULTS	6:15 – 7:00 WEAPONS 2 RANK: GREEN UP	7:00 -8:00 BLACK BELT	6:45-7:30 BREAK		
7:45-9:00 BLACK BELT CLASS WITH SENSEI ROB	7:00-7:45 ALTERNATING WEEKS BLACK BELT PREP/ OPEN SPARRING AS SCHEDULED	8:00 – 9:00 TEENS/ADULTS	7:30-8:15 SPARRING GROUP B		
			8:15-9:15 SPARRING GROUP A		