



Tiger Martial Arts
7960-D Soquel Drive
Aptos, CA 95003
(831) 661-0184
www.tigerbjj.com

ADULT & TEEN SCHEDULE

Effective 9/2/2008

Novice Program

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
6:00 – 6:45		7:00 – 7:45			9:00-10:00 Core Kickboxing

Black Belt Club

6:00 – 7:00		7:00 – 8:00			
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Gracie Jiu Jitsu

11:00 -12:00	7:00 – 8:30	11:00 – 12:00	7:00 – 8:30		
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CHILDREN SCHEDULE

Effective 9/2/2008

Little Tigers Ages 4-6

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	4:30 – 5:00		4:30 – 5:00		

Novice Program Ages 7+

5:00 – 5:30	6:00 - 6:30	5:00 – 5:30	6:00 - 6:30		
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Black Belt Club

5:00 – 5:45 SPARRING BRING GEAR!	6:00 - 6:45	5:00 – 5:45	6:00 – 6:45 SPARRING BRING GEAR!		
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Gracie Jiu Jitsu

	5:00 - 5:45	6:00 – 6:45	5:00 - 5:45		
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Students Are Expected To:

- 1. Keep Uniform Clean and Odor-Free**
- 2. Quietly Prepare For Class**
- 3. Always Show Respect & Courtesy**
- 4. DO NOT ENTER DURING MEDITATION IF LATE TO CLASS**
- 5. Remove all jewelry prior to class**
- 6. Memorize and Apply Student Creed**
- 7. Come to SPARRING Class with Full Equipment ON!**
- 8. Remain Silent while other classes are bowing in and bowing out**
- 9. Arrive at least 5 min. before class.**
- 10. Place shoes and bags neatly in designated area.**
- 11. Notify staff if you will be away for more than 3 days.**

FRIDAY AND SATURDAY CLASSES MAY BE CANCELLED OCCASIONALLY DUE TO SPECIAL EVENTS.