



**Tiger Martial Arts**  
**208-6 Mt Hermon Rd.**  
**Scotts Valley, CA 95066**  
**(831) 461-9322**  
**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>
	<b>7:00 - 7:45</b>		<b>7:00 - 7:45</b>	<b>Women's Self Defense 6:00 - 7:00</b>	

*Black Belt Club*

	<b>7:00 - 8:30</b>		<b>7:00 - 8:30</b>		
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*Gracie Jiu Jitsu*

<b>6:00 - 7:30</b>	<b>6:00 - 7:00</b>	<b>6:00 - 7:30</b>	<b>6:00 - 7:00 MMA</b>		<b>10:00 - 11:30</b>
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*Judo*

<b>7:30 - 8:30</b>		<b>7:30 - 8:30</b>			
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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 in changing rooms**
- 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.**



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**CHILDREN SCHEDULE**

*Effective 9/2/2009*

*Little Tigers*

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

*Novice Program*

<b>5:00 – 5:30</b>		<b>5:00 – 5:30</b>		<b>5:00 – 5:30</b>	
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*Black Belt Club*

<b>5:00 – 5:45</b>		<b>5:00 – 5:45</b>		<b>5:00 – 5:45</b>	
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*Novice Brazilian Jiu Jitsu*

	<b>4:15 – 4:45</b>		<b>4:15 – 4:45</b>		
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*Black Belt Club Brazilian Jiu Jitsu*

	<b>4:15 – 5:00</b>		<b>4:15 – 5:00</b>		
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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 in changing rooms 11. Notify staff if you will be away for more than 3 days.***

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