

# TIGER-ROCK CLASS SCHEDULE



SCAN FOR  
CURRENT  
CLASS  
SCHEDULE

## TIGER CUBS

4 & 5 YEAR OLDS

MON 4:00p  
WED 4:00p  
THURS 5:00p  
SAT 9:00a

## JUNIOR WHITE/YELLOW

6 - 11 YEARS

MON 4:45p  
TUES 5:00p  
WED 4:30p  
THURS 5:30p  
SAT 9:00a

## JUNIOR GREEN

6 - 11 YEARS

MON 4:45p  
TUES 5:00p  
WED 4:30p  
THURS 5:30p  
SAT 10:00a (floor 2)

## JUNIOR BLUE

6 - 11 YEARS

MON 5:45p  
TUES 4:00p  
WED 5:30p  
THURS 4:00p  
SAT 11:00a

## JUNIOR BROWN/RED/BLK

6 - 11 YEARS

MON 5:45p  
TUES 4:00p  
WED 5:30p  
THURS 4:00p  
SAT 11:00a

## TEEN & ADULTS

12 AND OLDER

MON 6:45p (w/yellow floor 2)  
TUES 6:00p  
WED 6:30p  
THURS 8:45a (schools in)  
8:00a (summer/schools out)  
6:30p  
SAT 10:00a

## WEAPONS CLASS

FRIDAY 5:00p  
ALL RANKS AND AGES



**ON-TIME POLICY**  
Tiger-Rock has a strict on-time policy. Students are not allowed on the mat 7 minutes or more after class start time.



TKDJASON



Jason Griffin's  
Taekwondo Academy

601-977-9000

