

TIGER-ROCK CLASS SCHEDULE



SCAN FOR
CURRENT
CLASS
SCHEDULE

TIGER CUBS

4 & 5 YEAR OLDS

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

JUNIOR WHITE/YELLOW

6 - 11 YEARS

MON 5:00p
TUES 5:30p
WED 5:00p
THURS 6:00p
SAT 9:00a

JUNIOR GREEN

6 - 11 YEARS

MON 5:00p
TUES 5:30p
WED 5:00p
THURS 6:00p
SAT 10:00a (floor 2)

JUNIOR BLUE

6 - 11 YEARS

MON 6:00p
TUES 4:30p
WED 6:00p
THURS 4:30p
SAT 10:00a

JUNIOR BROWN/RED/BLK

6 - 11 YEARS

MON 6:00p
TUES 4:30p
WED 6:00p
THURS 4:30p
SAT 11:00a

TEEN & ADULTS

12 AND OLDER

MON 6:00p
TUES 6:30p
WED 7:00p
THURS 8:00a & 7:00p
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

