



CLASS SCHEDULE

TIGER-ROCK MARTIAL ARTS EAST SPRINGS ACADEMY • (719) 302-6165



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIGER CUBS

4:30PM

3:45PM

11:15AM

4:45PM

3:45PM

6:30PM

9:00AM

WHITE & YELLOW

5:15PM
JUNIORS / TEENS / ADULTS

4:30PM
JUNIORS / TEENS / ADULTS

6:30PM
JUNIORS / TEENS / ADULTS

12:00PM
JUNIORS / TEENS / ADULTS

5:30PM
JUNIORS / TEENS / ADULTS

9:00AM
JUNIORS / TEENS / ADULTS

5:30PM
JUNIORS / TEENS / ADULTS

12:00PM
JUNIORS / TEENS / ADULTS

GREEN BELTS

6:15PM
JUNIORS / TEENS / ADULTS

5:30PM
JUNIORS / TEENS / ADULTS

5:30PM
JUNIORS / TEENS / ADULTS

4:30PM
JUNIORS / TEENS / ADULTS

11:00AM
JUNIORS / TEENS / ADULTS

BLUE - BLACK BELTS

6:15PM
JUNIORS / TEENS / ADULTS

5:30PM
JUNIORS / TEENS / ADULTS

6:30PM
JUNIORS / TEENS / ADULTS

4:30PM
JUNIORS / TEENS / ADULTS

11:00AM
JUNIORS / TEENS / ADULTS

TEENS & ADULTS

7:15PM
ALL RANKS

7:30PM
ALL RANKS

12:00PM
ALL RANKS

7:15PM
ALL RANKS

XP



10:00AM



ID: Private

PASSWORD: Private



ON-TIME POLICY

Tiger-Rock has a strict on-time policy. Students are not allowed on the mat 5 minutes or more after class start time.

TIPS FOR YOUR ZOOM LESSON

- Let your Instructor know you'll be attending
- Log in 10 minutes before class
- Screen share on a large TV
- Wireless earphones
- Clear out your training area