



# CLASS SCHEDULE

TIGER-ROCK MARTIAL ARTS EAST SPRINGS ACADEMY • (719) 302-6165  
EFFECTIVE AUGUST 10, 2021



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**TIGER CUBS**

**5:30PM**

**4:45PM**

**11:15AM**

**4:45PM**

**6:30PM**

**9:00AM**

**WHITE & YELLOW BELTS**

**4:30PM**  
JUNIORS / TEENS / ADULTS

**6:30PM**  
JUNIORS / TEENS / ADULTS

**12:00PM**  
JUNIORS / TEENS / ADULTS

**5:30PM**  
JUNIORS / TEENS / ADULTS

**5:30PM**  
JUNIORS / TEENS / ADULTS

**10:00AM**  
JUNIORS / TEENS / ADULTS

**GREEN+**

**6:15PM**  
JUNIORS / TEENS / ADULTS

**5:30PM**  
JUNIORS / TEENS / ADULTS

**12:00PM**  
JUNIORS / TEENS / ADULTS

**6:30PM**  
JUNIORS / TEENS / ADULTS

**4:30PM**  
JUNIORS / TEENS / ADULTS

**12:00PM**  
JUNIORS / TEENS / ADULTS

**TEENS & ADULTS ONLY**

**7:15PM**

**7:30PM**

**7:15PM**

**XP**

**11:00AM**

**ROTATING SEMINAR**

**6:00PM**  
ROTATING SEMINAR  
AS ANNOUNCED

**1:00PM**  
LEADERSHIP  
AS ANNOUNCED



## 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.