

Effective August 16th, 2024

Tiger Cubs

Ages (4-5)

Mon	4:10 - 4:40p
Tues	5:00 - 5:30p
Wed	4:10 - 4:40p
Thur	5:00 - 5:30p
Sat	11:30 - 12:00p

Junior White-Green

Ages (6-10)

Mon	4:50 - 5:35p
Tues	5:40 - 6:25p
Wed	4:50 - 5:35p
Thur	5:40 - 6:25p
Sat	10:40 - 11:25a

Junior Blue - Black

Ages (6-10)

Mon	5:40 - 6:25p
Tues	4:10 - 4:55p
Wed	5:40 - 6:25p
Thur	4:10 - 4:55p
Sat	10:40 - 11:25a

Teens

Ages (11-14)

Mon	6:30 - 7:20p
Tues	6:30 - 7:20p
Wed	6:30 - 7:20p
Thur	6:30 - 7:20p
Sat	9:50 - 10:35a

Adults

Ages (15+)

Mon	12:00-12:45p	7:25 - 8:15p
Tues	12:00-12:45p	7:25 - 8:15p
Wed	12:00-12:45p	7:25 - 8:15p
Thur	12:00-12:45p	7:25 - 8:15p
Sat	9:50 - 10:35a	

Instructor Class

Sat	9:00 - 9:45a
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XP Class

Sat	12:05 - 12:50p
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FORMULA FOR SUCCESS!

1. Attend class 2-3 times a week
2. One 30-minute practice session at home each week.
3. One Private lesson per testing cycle.



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.