



Class Schedule

Effective 01/04/2016

Tiger Jo's Top Martial Arts

1032 Old Peachtree Rd. NW Ste. 306

Lawrenceville, GA 30043

770.277.8008

www.tmatkd.com

Children's Classes

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White-Yellow Belts		5:00-5:40		5:00-5:40	5:00-5:40	
Orange-Green Belts	5:00-5:40		5:45-6:25		5:00-5:40	
Blue- High Red Belts	5:45-6:25		5:00-5:40		5:45-6:25	
Black Belts	6:30-7:10		5:00-5:40		5:45-6:25	
All Belts	7:15-8:00	7:15-8:00	6:30-7:15	6:20-7:05		10:00-10:45

Pre-School Classes

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil Dragons (Ages 3-5)		5:45-6:15		5:45-6:15	4:20-4:50	

Adult and Family Classes

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family All Belts	7:15-8:00	7:15-8:00	6:30-7:15	6:20-7:05		10:00-10:45

Special Classes

Tuesday	Thursday	Saturday	Saturday
Sparring	Tiger Demo Team	S.W.A.T.* (Bo Staff)	Nunchucks
6:25-7:10	7:10-8:10	9:20-10:00	10:45-11:15

Brazilian Jiu-Jitsu

Friday	Time
Jr. Grappler BJJ (Ages 7-14)	6:30-7:15
Adult BJJ (Ages 15-up)	7:15-8:15

*S.W.A.T. is the 2nd and 4th Saturday of each month. Open to green belts and higher.

*Kids Self Defense Class is the 1st Saturday of each month for an additional charge.

*Developmental Demo Team is the 3rd Saturday of each month for an additional charge.