



TIGER-ROCK MARTIAL ARTS OF FRISCO

# LESSON SCHEDULE

## IN-PERSON TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER-CUBS	—	4pm - 4:30pm	5:40pm - 6:10pm	4pm - 4:30pm	—	12:30pm - 1pm
JR. WHITE & YELLOW	4pm - 4:40pm	5:30pm - 6:10pm	4pm - 4:40pm	5:30pm - 6:10pm	—	11:40am - 12:20pm
JR. GREEN & BLUE	4:50pm - 5:30pm	—	6:20pm - 7pm	4:40pm - 5:20pm	4:30pm - 5:10pm	10:50am - 11:30am
JR. BROWN, RED & BLACK	5:40pm - 6:20pm	4:40pm - 5:20pm	4:50pm - 5:30pm	—	5:20pm - 6pm	10am - 10:40am
TEENS	6:30pm - 7:10pm	6:20pm - 7pm	—	6:20pm - 7pm	6:10pm - 6:50pm	9am - 9:45am
ADULTS	7:20pm - 8:05pm	7:10pm - 7:55pm	7:10pm - 7:55pm	7:10pm - 7:55pm	—	9am - 9:45am

1. We will not be allowing any viewers in our lobby for now.
2. All students will be asked to wait outside of the academy until just before lessons begin.
3. We have built in a 10 minute window between lessons in order to sanitize the mat as well as other trafficked areas.

## ZOOM® CLASSES

Please use the following credentials to access our Zoom® lessons:  
ID# 749-526-5401 Passcode: 4060

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER-CUBS	4pm - 4:30pm	5:20pm - 5:50pm	5:20pm - 5:50pm	4pm - 4:30pm	—	—
JR. WHITE & YELLOW	4:40pm - 5:10pm	4pm - 4:30pm	6pm - 6:30pm	—	4:30pm - 5pm	—
JR. GREEN & BLUE	5:20pm - 5:50pm	4:40pm - 5:10pm	4pm - 4:30pm	—	5:10pm - 5:40pm	—
JR. BROWN & RED	6pm - 6:30pm	—	4:40pm - 5:10pm	5:20pm - 5:50pm	5:50pm - 6:20pm	—
JR. BLACK	6:40pm - 7:10pm	6pm - 6:30pm	—	4:40pm - 5:10pm	5:50pm - 6:20pm	—
TEENS	7:20pm - 7:50pm	6:40pm - 7:10pm	6:40pm - 7:10pm	6pm - 6:30pm	—	—
ADULTS	7:20pm - 7:50pm	6:40pm - 7:10pm	6:40pm - 7:10pm	6pm - 6:30pm	—	—

## 4 WAYS TO TRAIN

### IN-PERSON LESSONS

Unlimited weekly training in group lessons

### ZOOM® LESSONS

Train in the comfort of your home on ZOOM®.

### VIRTUAL ACADEMY

Our virtual academy provides an online learning environment to train anytime, anywhere. Go to: [www.trmafriscova.com](http://www.trmafriscova.com). Green belt and above curriculum will be updated soon!

### PRIVATE LESSONS

One-on-one lessons with a staff instructor are available in person or via Zoom. See an academy staff member to schedule.



For more information, please visit us online

# TRMAFRISCO.COM

