

# LESSON SCHEDULE



**SUMMER 2021**  
MARTIAL ARTS · LIFE SKILLS · PHYSICAL FITNESS

## IN-PERSON TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER-CUBS	—	4pm - 4:30pm	5:40pm - 6:10pm	4pm - 4:30pm	—	11:40am - 12:10pm
JR. WHITE & YELLOW	4pm - 4:40pm	5:30 - 6:10pm	4pm - 4:40pm	5:30pm - 6:10pm	—	10:50am - 11:30am
JR. GREEN & BLUE	4:50pm - 5:30pm	11am - 11:40am	6:20pm - 7:00pm	4:50pm - 5:30pm	—	10am - 10:40am
JR. BROWN, RED & BLACK	5:40pm - 6:20pm	11am - 11:40am 4:40pm - 5:20pm	4:50pm - 5:30pm	—	—	10am - 10:40am
TEENS	6:30pm - 7:10pm	6:20pm - 7:00pm	—	11am - 11:40am 6:20pm - 7:00pm	—	9am - 9:45am
ADULTS	7:20pm - 8:05pm	7:10pm - 7:55pm	7:10pm - 7:55pm	7:10pm - 7:55pm	—	9am - 9:45am

## ZOOM® CLASSES

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
TIGER-CUBS	4:40pm - 5:10pm	5:20pm - 5:50pm	4:40pm - 5:10pm	5:20pm - 5:50pm
JR. WHITE & YELLOW	4:40pm - 5:10pm	5:20pm - 5:50pm	4:40pm - 5:10pm	5:20pm - 5:50pm
JR. GREEN & BLUE	4:40pm - 5:10pm	5:20pm - 5:50pm	4:40pm - 5:10pm	5:20pm - 5:50pm
JR. BROWN & RED	4:40pm - 5:10pm	5:20pm - 5:50pm	4:40pm - 5:10pm	5:20pm - 5:50pm
JR. BLACK	6:00pm - 6:30pm	6:00pm - 6:30pm	6:00pm - 6:30pm	6:00pm - 6:30pm
TEENS	6:00pm - 6:30pm	6:00pm - 6:30pm	6:00pm - 6:30pm	6:00pm - 6:30pm
ADULTS	6:00pm - 6:30pm	6:00pm - 6:30pm	6:00pm - 6:30pm	6:00pm - 6:30pm

## 3 WAYS TO TRAIN

### IN-PERSON LESSONS

Unlimited weekly training in group lessons

### ZOOM® LESSONS

Train in the comfort of your home on ZOOM®.

### 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**

