



TIGER-ROCK MARTIAL ARTS OF FRISCO

LESSONS SCHEDULE

RANK/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER CUBS (Ages 4-5)	—	4:00-4:30pm	5:40-6:10pm	4:00-4:30pm	—	12:30-1:00pm
JUNIORS (6-11) White/Yellow Belts	4:00-4:40pm	5:30-6:10pm	4:00-4:40pm	5:30-6:10pm	—	11:40-12:20pm
JUNIORS (6-11) Green Belts	4:50-5:30pm	—	6:20-7:00pm	4:40-5:20pm	4:00-4:40pm	10:50-11:30pm
JUNIORS (6-11) Blue Belts	5:40-6:20pm	4:40-5:20pm	—	6:20-7:00pm	4:00-4:40pm	10:50-11:30pm
JUNIORS (6-11) Brown/Red Belts	5:40-6:20pm	4:40-5:20pm	—	6:20-7:00pm	4:50-5:30pm	10:00-10:40am
JUNIORS (6-11) Black Belts	6:30-7:10pm	6:20-7:00pm	4:50-5:30pm	—	4:50-5:30pm	10:00-10:40am
TEENS (12-15) All Ranks	7:20-8:00pm	8:00-8:40pm	—	7:10-7:50pm	5:40-5:20pm	9:00-9:45am
ADULTS (16+) All Ranks	8:10-8:55pm	7:10-7:55pm	8:00-8:45pm	8:00-8:45pm	—	9:00-9:45am

BE ON TIME.

- Students should arrive 10 minutes before each lesson.
- Late students will not receive any lesson credit.

SUCCESSFUL STUDENTS:

- Attend class 2-3 times per week
- Do practice sessions at home
- Do private lessons once per cycle.
Private lessons are available by appointment only.

TESTING GUIDELINES:

- 10 Lessons for Tiger-Cubs and White
- 12 Lessons for Yellow-Blue Belts
- 14 Lessons for Brown, Red & Black
- Must test to earn new rank!

A PROUD FRISCO TRADITION SINCE 2010.



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