



TWIN TIGERS
MARTIAL ARTS
TRAINING ON A FIRM FOUNDATION

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WEEKLY SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Tiny Tigers 5-530 PM	Tiny Tigers 5-5:30 PM	Tiny Tigers 5-530 PM	Tiny Tigers 5-530 PM		Black belt TSD 9-10 AM
Kids BJJ - Gi 5:30-6:15 PM	Beginner TSD 5:30-6:15 PM	Kids BJJ - Gi 5:30-6:15 PM	Beginner TSD 5:30-6:15 PM		All Belts TSD 10-11 AM
White Belt BJJ - Gi 6:15-7:15 PM	Intermediate TSD 6:15-7:15 PM	White Belt BJJ - Gi 6:15-7:15 PM	Intermediate & Advanced TSD 6:15-7:15 PM		Kids BJJ - No Gi 11:15-Noon
Color Belt BJJ - Gi 7:15 - 8:45 PM	Advanced TSD 7:15-8:15 PM	Color Belt BJJ - Gi 7:15 - 8:45 PM	All Levels BJJ - No Gi 7:15-8:45 PM		All Levels BJJ - No Gi 12:15-1:45 PM