



**9557 Two Notch Road
Columbia, SC 29223**

(803) 865-9603

Tigerrockcolumbia.com

Class Schedule (Online class offered via zoom at same time)

TIGER CUBS (WHITE THROUGH GREEN BELTS) (Ages 4-5)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 PM - 5:30 PM	NO CLASS	NO CLASS	NO CLASS	5:00 PM - 5:30 PM	NO CLASS

TIGER CUBS (BLUE THROUGH BLACK BELTS) (Ages 4-5)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 PM - 6:00 PM	NO CLASS	NO CLASS	NO CLASS	5:30 PM - 6:00 PM	NO CLASS

JUNIOR WHITE / YELLOW BELTS (Ages 6-11)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 PM - 7:00 PM	NO CLASS	5:00 PM - 6:00 PM	NO CLASS	6:00 PM - 7:00 PM	9:00 AM - 10:00 AM

JUNIOR GREEN / BLUE BELTS (Ages 6-11)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASS	5:00 PM - 6:00 PM	6:00 PM - 7:00 PM	6:00 PM - 7:00 PM	NO CLASS	10:00 AM - 11:00 AM

JUNIOR BROWN THROUGH BLACK BELTS (Ages 6-11)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASS	6:00 PM - 7:00 PM	7:00 PM - 8:00 PM	5:00 PM - 6:00 PM	NO CLASS	10:00 AM - 11:00 AM

YOUTH & ADULTS (ALL RANKS)

(Ages 12-15)

(Ages 16+)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 PM - 8:00 PM	7:00 PM - 8:00 PM	NO CLASS	7:00 PM - 8:00 PM	NO CLASS	11:00 AM - 12:00 PM

WEAPONS CLASS

EVERY OTHER SATURDAY FROM 12 NOON TO 1:00 PM

Cycle Attendance - It's suggested that students attend at least 2 classes a week to receive the full benefit of our Tiger-Rock program.

Private Lessons - Should be combine with individual and group lessons to achieve desired results. We recommend ALL students to receive at least one private lesson each training cycle.

THIS CLASS SHEDULE EFFECTIVE AS OF JULY 2023