



Student Class Schedule

Effective January 1, 2026

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	MON	TUES	WED	THUR	FRI	SAT	SUN
Champions Age 3.5 to 6	4:30-5:00p	4:00-4:30p	4:30-5:00p	4:00-4:30p		10:00-10:30a	
Youth - Ages 7-12							
New Students White Belts	5:00-5:30p	5:30-6:00p	5:00-5:30p	5:30-6:00p			
Age 7-9	4:00-4:30p	5:00-5:30p	4:00-4:30p	5:00-5:30p		10:35-11:05a	12:20-12:50p
Age 10-12	5:30-6:00p	4:30-5:00p	5:30-6:00p	4:30-5:00p		11:10-11:40a	12:20-12:50p
Teens	6:00-6:40p	6:00-6:40p	6:00-6:40p	6:00-6:40p		9:00-9:40a	11:30a-12:10p
Adults	6:00-6:40p	6:00-6:40p	6:00-6:40p	6:00-6:40p		9:00-9:40a	11:30a-12:10p
TMA Fit						8:00-8:45a	10:00-11:15a
Performance					5:15-6:00p		
Sparring	6:45-7:30p				7:00-8:30p	11:45a-12:25p	
Leadership					4:30-5:10p		
Staff	6:45-8:45p						