



SCHEDULE BY CLASS

EFFECTIVE JULY 6, 2026

| | MON | TUES | WED | THUR | SAT | SUN |
|--|------------|------------|------------|------------|-------------------|-------------------|
| Champions Age 4-6 | 4:30-5:00p | 4:00-4:30p | 4:30-5:00p | 4:00-4:30p | 10:15-10:45a | |
| Youth Beginners (Age 7-12) | 5:00-5:30p | 6:00-6:30p | 5:00-5:30p | 6:00-6:30p | | |
| Youth Level 1 | 4:00-4:30p | 5:30-6:00p | 4:00-4:30p | 5:30-6:00p | 10:45-11:15a | |
| Youth Level 2 | 5:30-6:00p | 4:30-5:00p | 5:30-6:00p | 4:30-5:00p | 11:15-11:45a | |
| Youth 2 + Sparring | 5:30-6:20p | 4:30-5:20p | 5:30-6:20p | 4:30-5:20p | 11:15a- 12:05p | |
| Teen/Adult Age 13+ All Ranks | 6:30-7:10p | 6:30-7:10p | 6:30-7:10p | 6:30-7:10p | 9:00-9:40a | 11:30a- 12:10p |
| Teen/Adult + Sparring | 6:30-7:35p | 6:30-7:35p | 6:30-7:35p | 6:30-7:35p | 9:00-10:00a | 11:30a- 12:30p |
| TMA Fit T/A & Parents | | | | | 8:00-8:45a | 10:00- 11:15a |

CHAMPIONS

The **Champions Class** is for ages 3.5 to 6. Each class, students learn an isolated martial arts technique along with a life skill such as focus, confidence, or patience. The goal of this class is to teach students how to follow instructions, try their best, and believe in themselves. This class prepares our youngest students for the Youth Program.

YOUTH

The Youth program is for ages 7-12, and is divided into three groups to challenge all students at an appropriate level.

The **Youth Beginner Class** (for White Belts & Yellow Belts) focuses on solid foundations and proper technique of individual kicks, punches, and blocks.

The **Youth Level 1 Class** is for students who are invited to move up to the next level after the Beginner Class. This class layers multiple techniques from the beginner class into combinations. Students focus on training attributes including speed, power, and precision to improve their technique.

The **Youth Level 2 Class** is for our most focused, disciplined, and advanced Youth Students. Students are typically invited to move up to this class when they are eligible to spar, or when they demonstrate that they are ready for the next challenge. Students work with partners as well as instructors in this class. Students who are eligible to spar, and who have the proper sparring gear, will attend the **Youth 2 + Sparring Class**.

TEENS & ADULT

The **Teen/Adult Class** is for ages 13+. Students in the Teen/Adult class work with partners and learn to improve their control, timing, footwork, and technique. This class focuses on fitness and flexibility as well as power, precision, and speed. Students who are eligible to spar, and who have the proper sparring gear, may attend the **Teen/Adult + Sparring Class**.