



# Lesson Schedule

Rank/Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tiger Cubs (4-5)</b>	4:15 - 4:45pm	5:15 - 5:45pm	-	5:15 - 5:45pm	-	9:30 - 10:00am
<b>Juniors (6-10) White &amp; Yellow</b>	4:50 - 5:35pm	10:30 - 11:15am 5:45 - 6:30pm	4:45 - 5:30pm	10:30 - 11:15am	4:30 - 5:15pm	11:00 - 11:45am
<b>Juniors (6-10) Green - Black</b>	5:40 - 6:25pm (Green - Red) 7:15 - 8:00pm (Black Belts)	10:30 - 11:15am 4:30 - 5:15pm	5:30 - 6:30pm (BLACK BELTS ONLY)	10:30 - 11:15am 5:45 - 6:30pm	5:15 - 6:00pm (Regular) 6:00 - 6:45pm (XP Class)	11:00 - 11:45am
<b>Teens (11-15) All Ranks</b>	6:30 - 7:15pm (White - Red) 7:15 - 8:00pm (Black Belts)	6:30 - 7:15pm	5:30 - 6:30pm (BLACK BELTS ONLY)	6:30 - 7:15pm	6:00 - 6:45pm (XP Class)	10:00 - 10:50am
<b>Adults (16+) All Ranks</b>	6:30 - 7:15pm (White - Red) 7:15 - 8:00pm (Black Belts)	6:30 - 7:15pm	5:30 - 6:30pm (BLACK BELTS ONLY)	7:15 - 8:15pm	6:00 - 6:45pm (XP Class)	10:00 - 10:50am
<b>Lunch Classes</b> Teens & Adults	12:00 - 1:00pm			12:00 - 1:00pm		

**Honors Team Training**  
Saturdays 11:45 - 12:15pm

**Leadership/Instructor Team Training**  
Tuesdays 7:15 - 8:00pm

**Extreme Performance (XP Training)**  
Fridays 6:00pm - 6:45pm  
Session Fee is Required ~ Limited Enrollment

ON TIME POLICY: LATE STUDENTS RECEIVE NO LESSON CREDIT! PLEASE BE 5 MINUTES EARLY!

## MINIMUM CLASSES TO TEST

Tiger Cubs & White  
Yellow  
Green, Blue  
Brown & Red  
Black Belts

**6 10 12 21**

Students must Test to earn new rank!  
2-3 Lessons Weekly is Recommended

## Formula For Success!

- +ATTEND CLASS 2-3 TIMES A WEEK
- +ONE 30-MINUTE PRACTICE SESSION AT HOME EACH WEEK
- +ONE PRIVATE LESSON PER MONTH OR PER TESTING CYCLE
- = SUCCESS!

## PRIVATE LESSONS

Available by appointment only. See Instructor(s) for details.

Visit Us Online:  
[TRMABRIDGECITY.COM](http://TRMABRIDGECITY.COM)



**Location:**  
1955 Miller Drive  
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