**KING TIGER MARTIALARTS SCHEDULE**

***13401 NEW HAMPSHIRE AVE SILVER SPRING MD 20904***

**Effective Starting: March 5th 2018     Visit Us @** [**www.kingtigerMD.com**](http://www.kingtigermd.com) **Phone: (301) 989-2400**

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| --- | --- | --- | --- | --- | --- | --- |
| **TIME/ DAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **VALUES** | **PATIENCE** | **FOCUS** | **CONFIDENCE** | **LEADERSHIP** | **ENTHUSIASM** | **COOPERATION** |
| **TECHNIQUES** | **Conditioning****Physical Fitness** | **SPARRING** | **FORM** | **SPARRING** | **Kicking Technique** | **FORM****SPARRING** |
| **11:30 am****~****12::30 am** | **(OPEN)****Morning Exercise****Private lessons** | **(OPEN)****Morning Exercise****Private lessons** | **(OPEN)****Morning Exercise****Private lessons** | **(OPEN)****Morning Exercise****Private lessons** | **(OPEN)****Morning Exercise****Private lessons** | **(OPEN)****Morning Exercise****Private lessons** |

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|  |  |  |  |  |  |  |
| ***4:15pm******~******5:00pm*** |         TigerAge 3-6All Belts |  TigerAge 3-6All Belts |           TigerAge 3-6All Belts | TigerAge 3-6All Belts |         TigerAge 3-6All Belts |  **10:00am** **11:00am**     Zumba |
| ***5:00pm******~******5:45pm*** |      BeginnerAge 7-12No BeltWhite Belt   | **5:00~ 6:00****Sparring Class****3 yrs ~ 9 yrs****ALL BELT****All age Black Belt** | AdvancedAge 7-12Brown,RedDanboBlack | **5:00~ 6:00****Sparring Class****3 yrs ~ 8 yrs****ALL BELT****All age Black Belt** | IntermediateAge 7-12Yellow OrangeGreen,Blue,Purple | **11:00~12:00**     All BeltsAll Ages |
| ***5:45pm******~******6:30pm*** |  IntermediateAge 7-12Yellow OrangeGreen,Blue,Purple | **6:00 ~ 7:00****Sparring Class****10 yrs ~  Up****ALL BELT****All age Black Belt** |         BeginnerAge 7-12No BeltWhite Belt | **6:00 ~ 7:00****Sparring Class****10 yrs ~ Up****ALL BELT****All age Black Belt** | AdvancedAge 7-12Brown,RedDanbo,Black |  |
| ***6:30pm******~******7:15pm*** | AdvancedAge 7-12Brown,RedDanbo,Black | **7:00 ~ 8:00****Sparring Team****Adult & Teen****All Black Belt** | IntermediateAge 7-12Yellow OrangeGreen,Blue,Purple | **7:00 ~ 8:00****Sparring Team****Adult & Teen****All Black Belt** |     BeginnerAge 7-12No BeltWhite Belt |  |
|  ***7:15pm******~******8:15pm*** | Adult &Teens | **8:00~8:30****Open Gym** | Adult &Teens | **8:00~8:30****Open Gym** |   Adult &Teens | **Birthday Party****(As Reserved)****2:00~4:00** |

**\*\*All Students MUST bring sparring  gear Tuesday and Thursday Classes.**

 **\*\*There will be NO CLASSES during the Belt Testing weeks/Ceremony Fridays.**

**\*\*All Students MUST wear KTMA Uniform / KT Shirts during Class.** **\*\*Arrive to school 10 min. early and get ready for your class!**