**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*** | Tiger  Age 3-6  All Belts | Tiger  Age 3-6  All Belts | Tiger  Age 3-6  All Belts | Tiger  Age 3-6  All Belts | Tiger  Age 3-6  All Belts | **10:00am**  **11:00am**      Zumba |
| ***5:00pm***  ***~***  ***5:45pm*** | Beginner  Age 7-12  No Belt  White Belt | **5:00~ 6:00**  **Sparring Class**  **3 yrs ~ 9 yrs**  **ALL BELT**  **All age Black Belt** | Advanced  Age 7-12  Brown,Red  Danbo  Black | **5:00~ 6:00**  **Sparring Class**  **3 yrs ~ 8 yrs**  **ALL BELT**  **All age Black Belt** | Intermediate  Age 7-12  Yellow Orange  Green,Blue,  Purple | **11:00~12:00**     All Belts  All Ages |
| ***5:45pm***  ***~***  ***6:30pm*** | Intermediate  Age 7-12  Yellow Orange  Green,Blue,  Purple | **6:00 ~ 7:00**  **Sparring Class**  **10 yrs ~  Up**  **ALL BELT**  **All age Black Belt** | Beginner  Age 7-12  No Belt  White Belt | **6:00 ~ 7:00**  **Sparring Class**  **10 yrs ~ Up**  **ALL BELT**  **All age Black Belt** | Advanced  Age 7-12  Brown,Red  Danbo,  Black |  |
| ***6:30pm***  ***~***  ***7:15pm*** | Advanced  Age 7-12  Brown,Red  Danbo,  Black | **7:00 ~ 8:00**  **Sparring Team**  **Adult & Teen**  **All Black Belt** | Intermediate  Age 7-12  Yellow Orange  Green,Blue,  Purple | **7:00 ~ 8:00**  **Sparring Team**  **Adult & Teen**  **All Black Belt** | Beginner  Age 7-12  No Belt  White 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!**