

**\*Effective\***

**October, 1st 2023**



2961McDERMOTT Rd #300

Plano TX 75025

Call/Text (469) 994 -9969

**\* Students are required to come on time.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:30-5:00PM TIGER TOTS (Age 4-5)	4:30-5:10PM WHITE - YELLOW	4:30-5:10PM GREEN & UP	4:30-5:10PM WHITE - YELLOW	9:20-9:50AM TIGER TOTS (Age 4-5)
5:00-5:40pm WHITE - YELLOW	5:00-5:40pm GREEN & UP	5:10-5:40pm WEAPON&SELF DEFENCE (BBP & LP & MP ONLY)	5:10-5:50pm WHITE - YELLOW	5:00-5:40pm BOARD BREAKING All Belts	9:50-10:30AM All Belt
5:40-6:20pm GREEN & UP	5:40-6:20pm WHITE - YELLOW	5:40-6:20pm GREEN & UP	5:50-6:20pm TIGER TOTS (Age 4-5)	5:50-6:30pm SPARRING All Belts	10:30AM-12:00PM MMA
6:20-7:00pm ALL BELT (+TEEN & ADULT)	6:20-7:00pm ALL BELT (+TEEN & ADULT)	6:20-7:00pm ALL BELT (+TEEN & ADULT)	6:20-7:00pm ALL BELT (+TEEN & ADULT)		1:00 - 2:30 pm <b>B-DAY PARTY</b> Call to schedule
7:00-8:30pm MMA	7:00-8:30pm MMA	7:00-8:30pm MMA	7:00-8:30pm MMA	<p><b>&lt;Sparring &amp; Board Breaking Class&gt;</b></p> <p>► Sparring and Board Breaking classes are special classes only BBP &amp; LP &amp; MP members may attend. Please see the office on how to become a member!!!</p> <p>► Need to buy boards who take a Board Breaking Class. (cash only)</p> <p>1 Board = \$3.00      2 Boards = \$5.00</p>	

**IMPORTANT INFORMATION:**

- \* BBP(Black Belt Program) / LP(Leadership Program) / MP(Masters Program)
  - \* Students are required to come on time.
  - \* During Sparring Class and Sparring Testing, **protective gear is mandatory** for safety!
  - \* Please make appointments for Birthday Parties and Introductory lessons.
  - \* All individuals entering the studio will have their temperature taken.
  - \* **Bring A Friend to Friday(4:30-5:10pm) Class !!!**
- Students are encouraged to bring a friend, to class on Fridays! This is a great way for students to show off their key-hap, breaking techniques, and much more while attending with friends and family.