

# LESSON SCHEDULE

STARTING MAY 3, 2021



MARTIAL ARTS · LIFE SKILLS · PHYSICAL FITNESS

## IN-PERSON TRAINING

Students should arrive 5-10 minutes early for each class. Late students receive no lesson credit & will not be allowed to participate.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TIGER CUBS CLASS	4:00 - 4:25 PM				
JR. WHITE AND YELLOW CLASS	4:30 - 5:10 PM	5:20 - 6:00 PM	4:30 - 5:10 PM	5:20 - 6:00 PM	4:30 - 5:10 PM
JR. GREEN - BLUE CLASS	5:20 - 6:00 PM	4:30 - 5:10 PM	5:20 - 6:00 PM	4:30 - 5:10 PM	5:20 - 6:00 PM
JR. BROWN RED AND BLACK	6:05 - 6:45 PM	4:30 - 5:10 PM	6:05 - 6:45 PM	4:30 - 5:10 PM	6:05 - 6:45 PM
XP/ EVENT TRAINING		6:05 - 6:45 PM		6:05 - 6:45 PM	
TEEN AND ADULT CLASS	7:00 - 7:50 PM				
TIGER ROCK BJJ CLASS	8:00 - 8:50 PM		8:00 - 8:50 PM		8:00 - 8:50 PM

### X-PRO TRAINING CLINICS

Weapons training and advanced martial arts training.  
Tuesdays at 6PM

### INSTRUCTOR TRAINING

1st Thursday of Each Month  
6:00PM  
In-Person and ZOOM® training.

### BLACK BELT / EVENT TRAINING

2nd/3rd/4th Thursday of Each Month  
6:00PM  
In-Person and ZOOM® training.

## TRAINING FOR SUCCESS

### IN-PERSON LESSONS

Unlimited weekly training in group lessons

### ZOOM® LESSONS

Train in the comfort of your home on ZOOM®.

### PRIVATE LESSONS

One-on-one lessons with a staff instructor are available. Talk a staff member for more information.

### SUCCESS FORMULA

Attend class 2-3 times a week  
30 min practice session at home  
1 private lesson per month



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