



**Tiger – Ages 4-6 WOY**  
**Junior – Ages 7-11**  
**Teen/Adult – 12 and Up**

817-491-3500

### Monday

4:00-4:30 White Tiny Tiger/Junior  
4:30-5:00 Orange & Yellow Tiny Tiger  
5:00-5:30 Orange & Yellow Junior  
5:30-6:00 Purple & Blue Junior  
6:00-6:30 XMA/Creative\*  
6:30-7:00 Camo & Green Junior  
7:00-7:30 Brown, Red, Red/Black Junior  
7:30-8:00 Black Belt Decided Juniors  
8:00-8:45 Teen/Adult All Ranks

### Wednesday

4:00-4:30 White Tiny Tiger/Junior  
4:30-5:00 Orange & Yellow Tiny Tiger  
5:00-5:30 Orange & Yellow Junior  
5:30-6:00 Camo & Green Junior  
6:00-6:30 Purple & Blue Junior  
6:30-7:00 Brown, Red, Red/Black Junior  
7:00-7:30 R/B & Black Belt Weapons  
7:30-8:00 Black Belt Decided Juniors  
8:00-8:45 Teen/Adult All Ranks

### Tuesday

4:00-4:30 Purple & Blue Junior  
4:30-5:00 Brown, Red, Red/Black Junior  
5:00-5:30 Camo & Green Junior  
5:30-6:00 Black Belt Decided Juniors  
6:00-6:30 White Tiny Tiger/Junior  
6:30-7:00 Orange & Yellow Tiny Tiger  
7:00-7:30 Orange & Yellow Junior  
7:30-8:15 Teen/Adult All Ranks

### Thursday

4:00-4:30 Camo & Green Junior  
4:30-5:00 Purple & Blue Junior  
5:00-5:30 Brown, Red, Red/Black Junior  
5:30-6:00 Black Belt Decided Juniors  
6:00-6:30 White Tiny Tiger/Junior  
6:30-7:00 Orange & Yellow Tiny Tiger  
7:00-7:30 Orange & Yellow Junior  
7:30-8:15 Teen/Adult All Ranks

### Friday

Private Lessons by Appointment

Visit:

[www.smartscheduling.com/roanokeata](http://www.smartscheduling.com/roanokeata)

to schedule private lessons.

### Saturday

9:00-9:30 White - Yellow Tiny Tiger/Junior  
9:30-10:15 All Tiger/Junior Belts Sparring  
10:15-10:45 XMA/Creative Weapons\*  
10:45-11:15 Athletic Development\*  
11:15-11:45 XMA/Creative Open Hand\*  
11:45-12:30 Teen/Adult All Ranks  
12:30-1:00 Legacy\*\*

\* Leadership & Legacy Members Only  
\*\* Legacy Members Only

- ALL RANKS CAMO BELT AND UP MUST BRING SPARRING GEAR TO EVERY CLASS.
- ALL STUDENTS WILL PRACTICE CORE WEAPON CURRICULUM IN THEIR REGULAR CLASS. BRING YOUR WEAPON TO CLASS EVERY DAY.

**Effective October 15, 2023**