

# Portland School Schedule

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Tiny Tigers (Ages 3 & 4)			6:00-6:30		5:00-5:30	
Tiger Cubs (Ages 5 & 6)	3:45-4:15 5:30-6:00	4:00- 4:30	3:45-4:15 5:30-6:00	4:00- 4:30		9:15-9:45*
Kids Beginner (Ages 7-12)	4:45-5:30	5:30-6:15	4:00-4:45	5:30-6:15	4:00-4:30	10:00-10:45*
Kids Intermediate	5:30-6:15	4:00-4:45	5:00-5:45	4:00-4:45	4:30-5:00	10:45-11:45*
Kids Advanced	4:00-4:45	4:45-5:30	6:00-6:45	4:45-5:30	4:30-5:00	10:45-11:45*
Jr. Black Belt/ Masters Club	4:00-4:45	4:45-5:30	6:00-6:45	4:45-5:30	5:00-5:45	10:45-11:45*
Teens Only (12 - 19)	3:00-4:00		3:00-4:00		3:00-4:00	
Adult and Teen (12 & up)	6:15-7:15	10:00a-11:00a	6:30-7:30	6:30-7:30		
Kickboxing (14 & up)	7:15-8:15		7:00-8:00			
Krav Maga (14 & up)		7:00-8:00		6:30-7:30		