



Starts Monday 5/3/21

2021 Class Schedule

CLASS	Monday	Tuesday	Wednesday	Thursday	Saturday
Tigers Class 4-6 yrs Tiger Beginners & Tiger Advanced	Mat 2 4:30-5:00pm <i>Zoom 5:00-5:25</i>	Mat 1 5:00—5:30pm	Mat 1 4:00-4:30 pm	Mat 1 6:00-6:30 pm	Mat 1 9:45 -10:15 am
Beginners Class 7-12 yrs / White & Yellow Belts (10th-9th Gups)	Mat 1 5:30 - 6:15 pm <i>Zoom 5:00-5:25</i>	Mat 1 5:45-6:30 pm	Mat 1 4:45—5:30 pm	Mat 1 4:00-4:45 pm	Mat 1 8:45—9:30 am
Orange Belt Class 7-12 yrs / Orange Belts (8th-7th Gups)	Mat 2 5:30-6:15 pm <i>Zoom 5:30-5:55</i>	/	Mat 1 6:45-7:30 pm	Mat 2 4:00-4:45	Mat 1 10:30—11:15 am
Green Belt Class 7-12 yrs / Green Belts (6th-4th Gups)	Mat 1 4:30-5:15 pm <i>Zoom 6:00-6:25</i>	Mat 1 6:45—7:30 pm	/	Mat 2 5:00—5:45pm	Mat 1 11:30-12:15 pm
Red Belt Class 7-12 yrs / Red Belts (3rd-1st Gups)	Mat 2 6:30—7:15 pm <i>Zoom 6:30-6:55</i>	Mat 1 4:00-4:45 pm	/	Mat 1 5:00-5:45 pm	Mat 1 12:30 -1:15 pm
Black Belt Class All Dans & Dan Candidates	Mat 1 7:30—8:15 pm <i>Zoom 7:00-7:25</i>	Mat 2 6:45-7:30 pm	Mat 1 7:45-8:30 pm	Mat 1 6:45-7:30 pm	Mat 2 (<i>Open Mat</i>) 12:15—1:15 pm 1 X Monthly BB Classes
Adult & Teen Class 13 & up /All Ranks	Mat 1 6:30—7:15 pm <i>Zoom per rank class</i>	Mat 1 7:45-8:30 pm	Mat 1 5:45-6:30 pm	Mat 2 6:00-6:45	/

Virtual Program—can be done virtual only or in combination with in-academy classes

Zoom Classes Mondays - link on Grogan's Academy App

Virtual Classes Thursdays (or at your convenience) - link of Grogan's Academy App

LiveStream Classes Tigers—Red Belts on Saturdays @ Grogan's Members only fb page

LiveStream Classes Black Belt & Adults on Tuesdays @ Grogan's Members only fb page