



Weekly Class Schedule

Richmond Hill Center

	Monday	Tuesday	Wednesday	Thursday	Saturday
9:00 AM - 9:45 AM					BJJ 3
10:30 AM - 11:30 AM					YOGA
5:30 PM - 6:15 PM	TKD 2 / BJJ 4	TKD 1(b) / BJJ 1	TKD 2 / BJJ 4	TKD 1(b) / BJJ 1	
6:15 PM - 7:00 PM	TKD1(a) / BJJ 3	TKD 3 / KA / BJJ 2	TKD1(a) / BJJ 3	TKD 3 / KA / BJJ 2	
7:00 PM - 7:45 PM	TKD 5 / BX	TKD 4 / KM	TKD 5 / BX	TKD 4 / KM	
7:45 PM - 8:30 PM	MT		MT		

BX - Boxing (ages 13+)

BJJ 1 - Brazilian Jiu-Jitsu Juniors (ages 6 - 7)

BJJ 2 - Brazilian Jiu-Jitsu Juniors (ages 8 - 13)

BJJ 3 - Brazilian Jiu-Jitsu Teen/Adult (ages 14+)

BJJ 4 - Women's Brazilian Jiu-Jitsu (ages 15+)

KA - Kali (ages 13+)

KM - Krav Maga (ages 13+)

MT - Muay Thai (Ages 13+)

TKD 1 - Taekwondo White-Yellow Belts (ages 6+)

TKD 2 - Taekwondo Camo- Purple Belts (ages 6+)

TKD 3 - Taekwondo Blue-Red Belts (ages 6+)

TKD 4 - Taekwondo Adults (ages 13+)

TKD 5 - Taekwondo Black Belts (ages 8+)

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