




NORTHVALE

TOP MIXED MARTIAL ARTS

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Effective
3.25.2022

CLASS	MON	TUE	WED	THU	FRI	SAT	 <p>TMMA Special Birthday Party!</p> <p><i>* Please make a reservation 1 month prior *</i></p>
Little Tiger	4:00~4:30	3:45~4:15	5:40~6:10	3:45~4:15	3:45~4:15	9:30~10:00	
Junior Tiger <i>White/Yellow Orange</i>	5:25~6:10	4:20~5:05		4:20~5:05	<i>White~Green</i>	<i>White~Purple</i>	
Junior Tiger <i>Green/Blue Purple</i>		5:10~5:55	4:00~4:45	5:10~5:55	4:20~5:05	10:00~10:40	
Junior Tiger <i>Red/Brown Jr.Black</i>	4:35~5:20	6:00~6:45	4:50~5:35	6:00~6:45	<i>Blue~Jr.Black</i>		
Black Belt	6:15~7:00	6:50~7:35	6:15~7:00	6:50~7:35	5:10~5:55	<i>Red~Black</i>	
Teen Tiger & Adult	7:05~7:50	7:40~8:25	7:05~7:50	7:40~8:25	Sparring	10:40~11:20	

This schedule was prepared with your best interest in mind.

1. Students must be here 5minutes prior to class.
2. Students must ask permission to enter class if they are late.
3. Absolutely no running and loud conversation in the waiting area as it might disturb class activities. Thank you for your cooperation.
4. If you have any questions, please do not hesitate to contact Master Lee.

Quitters never Win, Winners never Quit!