CLASS	PV MONDAY	North Scottsdale TUESDAY	PV WEDNESDAY	North Scottsdale THURSDAY	PV FRIDAY	PV SATURDAY	North Scottsdale SATURDAY
TIGERS Ages 3-6	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	5:15-5:45 pm		9:00-9:30	9:00-9:30 am
TIGER ELITE Ages 3-6	Weapons 4:30-5:00pm	4:30-5:00pm	Sparring 4:30-5:00pm			9:30-10:15 Fight Club	9:30 - 9:45am
WHITE-CAMO	5:00-5:45pm	5:00-5:45pm	5:00-5:45	4:30 - 5:15pm	5:15-6:00	10:15-10:45	9:45 - 10:30 am
GREEN- RED	6:30-7:15pm	6:30-7:15pm	6:30-7:15pm	6:30-7:15pm	4:00-4:45	11:45-12:15	11:15 - noon
KIDS SPARRING					6:00-6:45	11:15-11:45	
LEADERSHIP All Ranks	5:45-6:30	5:45-6:30				10:45-11:15	10:30 - 11am
XMA/HYPER TRAINING Leadership Only			5:45-6:30 pm		4:45-5:15 pm		12:00 - 12:45 pm
REC BLACK BELT & ABOVE **ALL RANKS ADULTS**	7:15- 8:15pm	7:15- 8:15pm	7:15- 8:15pm	7:15- 8:15pm	6:45-7:45	12:15-1:00pm	12:45 -1:45
LEGACY All Ages, All Ranks			6:30-7:30				
COMPETITION Leadership Only							
FIGHT CLUB *Leadership Only*						9:30-10:15 All ages Fight club	

Fitness

- Children ages of 3-7 years old. Class is 30 Minutes long

KARATE FOR KIDS- *Children ages of 8-12 years old. Class is 45 Minutes long.*

TEENS AND ADULTS- *Teens and Adults ages of 13 and up. Class is 60 Minutes long.*

OWNERS: Chief Master Michelle Landgren-Lee 8th Degree Black Belt, Mr. Anthony Landgren 6th Degree Black Belt

OPERATIONS: Ms. Patricia Martinez, 4th Degree Black Belt

PROGRAM DIRECTOR: Ms. Amanda Rinker, 1st Degree Belt, Ms. Anita Rodriguez, Ms. Saindon 2nd Degree Black Belt

CHIEF INSTRUCTOR: Mr. Anthony Landgren 6th Degree Black Belt,

ASST INSTRUCTOR: Mr. Le 6th Degree Black Black Belt, Michael Raffle 4th Degree Black Belt