



Weekly Class Schedule

Richmond Hill Center

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

BJJ 1 - Brazilian Jiu-Jitsu Juniors (ages 6 - 7)
BJJ 2 - Brazilian Jiu-Jitsu Juniors (ages 8 - 12)
BJJ 3 - Women's Brazilian Jiu-Jitsu (ages 15+)
BJJ 4 - Homeschool Brazilian Jiu-Jitsu (18+)
KA - Kali (ages 13+)
KB - Kickboxing (ages 13+)
KM - Krav Maga (ages 13+)

MMA - Mixed Martial Arts (ages 15+)
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-Black Belts (ages 6+)
TKD 4 - Taekwondo Adults (ages 13+)
TKD 5 - Takewondo Black Belts (ages 6+)

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