



EAST ROCK GROUP CLASS SCHEDULE 2024

Weekday Group Class Schedule					
Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:10 - 4:50	CLOSED	All Belt Class		All Belt Class	
4:50 - 5:30		Little Tiger Class		Little Tiger Class	Black Belt Club
5:30 - 6:10		Black Belt / Junior All Belt Class	All Belt Class	All Belt Class	All Belt Class
6:10 - 6:50		Trick/Acrobatics Club		Black Belt / Junior All Belt Class	
6:30 - 7:30			Team Sparring		
6:50 - 7:30		Adult Class		Adult Class	

****Each Class is 30 Minutes with ~10 minutes' buffer time for preparation****

Weekend Group Class Schedule		
Day/Time	Saturday	Sunday
10:40 - 11:20	All Belt Class	CLOSED
11:20 - 11:50	Sparring Club	
11:50 - 12:30	Adult / Junior Black Belt	

Classes by Age (Bypasses by Master Recommendation)	
3 to 4 Years	Little Tiger
5 to 11 Years	All Belt
12 to 17 Years	Junior All Belt
Any age Black Belt	Black Belt
18+	Adult Class
Special Admission	Acrobatics, Sparring, and Black Belt Club

[See back for Private Lesson Schedule]



EAST ROCK PRIVATE & TRIAL CLASS SCHEDULE 2024

Tuesday			
Time	Block A	Block B	Block C
3:10 - 3:40	N/A	N/A (Afterschool)	Private Lesson/Trial
3:40 - 4:10			Private Lesson/Trial
4:10 - 7:30		GROUP CLASSES	

Thursday			
Time	Block A	Block B	Block C
3:10 - 3:40	Private Lesson/Trial	N/A (Afterschool)	N/A
3:40 - 4:10	Private Lesson/Trial		
4:10 - 7:30	GROUP CLASSES		

Saturday			
Time	Block A	Block B	Block C
9:30 - 10:00	Private Lesson/Trial	Private Lesson/Trial	N/A
10:00 - 10:30	Private Lesson/Trial	Private Lesson/Trial	
10:30 - 12:40	GROUP CLASSES		

Wednesday			
Time	Block A	Block B	Block C
3:00 - 3:30	Private Lesson	N/A (Afterschool)	N/A
3:30 - 4:00	Private Lesson		
4:00 - 4:30	Private Lesson		
4:30 - 5:00	Private Lesson/Trial		
5:00 - 5:30	Private Lesson/Trial	Private Lesson/Trial	
5:30 - 6:10	GROUP CLASSES		

Friday			
Time	Block A	Block B	Block C
3:20 - 3:50	Private Lesson	N/A (Afterschool)	N/A
3:50 - 4:20	Private Lesson		
4:20 - 4:50	Private Lesson/Trial	Private Lesson/Trial	
4:50 - 5:30	Private Lesson	GROUP CLASSES	
5:30 - 6:10	GROUP CLASSES		
6:20 - 6:50	Private Lesson/Trial	N/A Afterschool	

**** Some Private Lesson timeslots may be unavailable. ****

Please call or email our office for available times.