



RANK/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER CUBS (4-5) ALL RANKS	4:00-4:25PM	NO CLASS	4:00-4:25PM	NO CLASS	4:00-4:25PM	11:00-11:25AM
JUNIORS (6-11) WHITE/YELLOW/GREEN L1	4:30-5:10PM	5:15-5:55PM	4:30-5:10PM	5:15-5:55PM	4:30-5:10PM	10:00-10:45AM
JUNIORS (6-11) GREEN L2/GREEN L3/BLUE	5:15-5:55PM	4:30-5:10PM	5:15-5:55PM	4:30-5:10PM	5:15-5:55PM	10:00-10:45AM
JUNIORS (6-11) BROWN/RED/BLACK	6:00-6:40PM	4:30-5:10PM	6:00-6:40PM	4:30-5:10PM	5:15-5:55PM	10:00-10:45AM
YOUTH / ADULTS ALL RANKS	6:45-7:25PM	6:45-7:25PM	6:45-7:25PM	6:45-7:25PM	6:00-6:40PM	9:00-9:45AM

X-PRO TRAINING	ALL JUNIORS, YOUTHS & ADULTS		TUESDAYS 6:00 - 6:40PM
INSTRUCTOR TRAINING	HONORS (6-10 YEARS) · LEADERSHIP (11-15 YEARS) ADULTS (16+ YEARS)		1ST THURSDAY OF EVERY MONTH 6:00 - 6:40PM
EVENT TRAINING	JUNIORS (6-10 YEARS) · TEENS (11-15 YEARS) ADULTS (16+ YEARS)		2ND, 3RD, & 4TH THURSDAYS OF MONTH 6:00 - 6:40PM
BRAZILIAN JIU-JITSU	ADULTS 7:30-8:30PM MONDAYS	JUNIORS 7:30-8:30PM WEDNESDAYS	ADULTS & JUNIORS 6:45-7:45PM FRIDAYS
DEMO TEAM	JUNIORS (6-10 YEARS) · TEENS (11-15 YEARS) ADULTS (16+ YEARS)		SATURDAYS 11:30AM - 12:15PM

STUDENTS SHOULD ARRIVE 5 TO 10 MINUTES EARLY FOR EACH CLASS. LATE STUDENTS RECEIVE NO LESSON CREDIT.

MINIMUM CLASSES TO TAKE TO QUALIFY FOR BELT TESTING

TIGER CUBS

WHITE - RED

BLACK BELTS

10

12

14

Students must test to earn new rank!

Formula For Success!

- + ATTEND CLASS 2-3 TIMES A WEEK
- + ONE 30-MINUTE PRACTICE SESSION AT HOME EACH WEEK
- + ONE PRIVATE LESSON PER MONTH OR PER TESTING CYCLE
- = SUCCESS!

PRIVATE LESSONS

Available by appointment only. See instructor(s) for details.

VISIT US ONLINE AT
PORTLANDMAF.COM

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