



29990 Hunter Rd Ste. 104, Murrieta, CA 92563

PH: 951.373.3071

Cubs/Juniors/Youth Taekwondo Schedule

Belt Level	M	T	W	TH	F	SAT
Cubs		5:00 PM	5:00 PM	5:00 PM		
Juniors W-Y	5:30 PM	5:30 PM	5:30 PM	5:30 PM		9:00 AM
Juniors GR-B	5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM	9:00 AM
Youth	6:30 PM	6:30 PM		6:30 PM	6:30 PM	9:00 AM

Core Plus Program Schedule

BJJ & HanMuDo	7:30 PM		6:30 PM			10 AM
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Tiger-Rock Adult Program Schedule

Program	M	T	W	TH	F	SAT
Adult TKD						9:00 AM
	6:30 PM	7:30 PM	7:30 PM	7:30 PM		
Adult S&C		6 AM		6 AM		
		10 AM		10 AM		
BJJ/HanMuDo	7:30 PM		6:30 PM			10 AM

Core Plus Program Schedule

Sparring					7:30 PM	
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Cubs: 4-5 years old (30 min. Class) **Juniors: 6-10 years old** (45 Min. Class)

Youth: 11-15 years old (50 min. Class) **Adults: 16 years and up**(50 min. class)

Class Descriptions

Tiger Cubs

In this class students will learn skills through games and repetition that will enhance their motor, communication, and cognitive abilities.

Taekwondo

TaeKwonDo is a self-defense martial art that focused equal use of hand and foot. At Tiger Rock we offer a partner based experience focused on sports, competition, artistic expression and self-defense. Students develop martial art skills which results in increased confidence, discipline, focus, coordination, and social competency.

Strength & Conditioning

This class is a high intensity interval training program designed to get you in shape, help you lose weight and increase your mental focus. Our instructors are able to modify movements to meet everyone where they are.

Tiger Rock Ground Grappling

A martial art and combat style that focuses on grappling and especially ground fighting. **Students must be a Green Belt or higher to attend.**

Brazilian Jiu Jitsu

HanMuDo

A martial arts system consisting of the study of empty hand techniques and Hanmudo locks. **Students must be a Green Belt or higher to attend.**