



The Future of Fitness™

Print your Young Tigers Schedule online @ [www.TransMartialArts.com](http://www.TransMartialArts.com)

Updated Schedule starting July 12, 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>
	Lil' Dragon Leadership 4:30-4:45		Lil' Dragon Leadership 4:30-4:45	
				Young Tigers 9:30 - 10:00 am
	Young Tigers 4:45 - 5:15		Young Tigers 4:45 - 5:15	

Have your next birthday with the Trans Team. Parties are complimentary (\$150 value) for all students that are part of the Trans Family!



**Lil' Dragons are members of Tran's Leadership program**



**VIP "BUDDY DAY" PROGRAM**

Do you have a friend, relative, or co-worker who:

- ~ Would like to be more physically fit?
- ~ Would benefit from improved self-confidence & self-discipline?
- ~ Or would just enjoy martial arts?

**\*\* Every Day Is Buddy Day!\*\***

- ~ Please arrive 10 - 15 min prior to class time
- ~ Scan your ID
- ~ Remain in proper warm-up area
- ~ Never disrupt class in session
- ~ Quietly stretch and prepare for class
- ~ All Jewelry must be removed prior to class
- ~ All valuables should be left in your car
- ~ Clean uniform and hygiene are a must
- ~ All guests must check in at front desk and should remain in the seating area
- ~ All shoes must be placed in shoe rack
- ~ Children must remain in designated area
- ~ Stripe testing must be scheduled ahead of time