



BOLD AS LIONS ACADEMY

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PROVERBS 28:1

Grade 6-8

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:25 Daily Devotional	9:00 - 9:25 Daily Devotional	9:00 - 9:25 Daily Devotional	9:00 - 9:25 Daily Devotional	9:00 - 9:25 Daily Devotional
9:30 - 10:25 Math	9:30 - 10:25 Boxing - Striking	9:30 - 10:25 Math	9:30 - 10:25 Boxing - Striking	9:30 - 10:25 Math
10:25 - 10:40 Break	10:25 - 10:40 Break	10:25 - 10:40 Break	10:25 - 10:40 Break	10:25 - 10:40 Break
10:40 - 11:40 JSerra Mobility Training	10:40 - 11:40 Math	10:40 - 11:40 JSerra Strength and Conditioning	10:40 - 11:40 Math	10:40 - 11:40 JSerra Strength and Conditioning
11:45 - 12:35 Reading/Writing	11:45 - 12:35 History	11:45 - 12:35 Reading/Writing	11:45 - 12:35 Reading/Writing	11:45 - 12:35 Tutorial Time Science-History
12:35 - 1:10 Lunch	12:35 - 1:10 Lunch	12:35 - 1:10 Lunch	12:35 - 1:10 Lunch	12:35 - 1:10 Fellowship Lunch
1:15 - 2:15 TKD CapoBox Jiu-Jitsu	1:15 - 2:15 TKD CapoBox Jiu-Jitsu	1:15 - 2:15 Science	1:15 - 2:15 TKD CapoBox Grappling	Early out 1:30

Parent Drop-Off

- Monday – Friday: **Classrooms at 9:00 AM**

Parent Pick-Up

- Monday, Tuesday, Thursday: **2:15 PM – TKD Capo**
- Wednesday: **2:15 PM – Classrooms**
- Friday: **1:30 PM – Classrooms**

Athletic Schedule

- Monday, Wednesday, Friday: **Strength & Conditioning / Mobility / Speed Training (JSerra)** – 10:45–11:40 AM
- Tuesday & Thursday: **Boxing & Striking (TKD Capo)** – 9:30–10:25 AM
- Monday, Tuesday, Thursday: **Wrestling, Jiu-Jitsu & Grappling (TKD Capo)** – 1:15–2:15 PM