





GRAPEVINE/HEB MARTIAL ARTS

Schedule Effective 11/1/2022

GrapevineMA.com



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY					
○●●●●●●● 12:00 – 1:00 ADULTS/TEENS ALL BELTS				○●●●●●●● 12:00 – 1:00 ADULTS/TEENS ALL BELTS		LITTLE NINJAS 4-5 YRS CHILDREN 6 - 11 YRS TEENS 12 - 15 ADULTS 18 & OVER				○●●●●●●● 10:00 – 11:00 ALL CHILDREN ALL BELTS					
○● 4:15 – 5:15 BEGINNER CHILDREN WHITE thru YELLOW II				●● 4:15 – 5:15 INTERMEDIATE CHILDREN GREEN thru BLUE II		○● 4:15 – 5:15 BEGINNER CHILDREN WHITE thru YELLOW II				●● 4:15 – 5:15 INTERMEDIATE CHILDREN GREEN thru BLUE II		○●●●●●●● 11:15 – 12:15 ADULTS/TEENS ALL BELTS			
●●●●●●●● 5:30 – 6:30 ADVANCED CHILDREN BLUE thru BLACK +		●●●●●●●● 5:30 – 6:30 ADVANCED ADULTS RED II thru BLACK +		○●●●●●●● 5:00 – 5:30 BEGINNER WHITE BELTS ONLY 5:00 – 5:30 LITTLE NINJAS 4 & 5 YEARS		●●●●●●●● 5:30 – 6:30 ADVANCED CHILDREN BLUE thru BLACK +		●●●●●●●● 5:30 – 6:30 ADVANCED ADULTS RED II thru BLACK +		●●●●●●●● 5:30 – 6:30 ALL CHILDREN ALL BELTS / WHITE thru BLACK +		●●●●●●●● 5:30 – 6:30 SPARRING ALL CHILDREN YELLOW thru BLACK +		●●●●●●●● 12:30 – 1:00 YWSD CLASS ADULTS/TEENS BLACK BELTS ONLY	
●●●●●●●● 6:45 – 7:45 ADVANCED TEENS RED thru BLACK +		○●●●●●●● 6:45 – 7:45 BEGINNER ADULTS & TEENS WHITE thru RED		●●●●●●●● 6:00 – 7:00 SPARRING ALL TEENS YELLOW thru BLACK + ●●●●●●●● 6:30 – 7:30 SPARRING ALL ADULTS YELLOW thru BLACK +		●●●●●●●● 6:45 – 7:45 ADVANCED TEENS RED thru BLACK +		○●●●●●●● 6:45 – 7:45 BEGINNER ADULTS & TEENS WHITE thru RED		●●●●●●●● 6:00 – 7:00 SPARRING ALL TEENS YELLOW thru BLACK + ●●●●●●●● 6:30 – 7:30 SPARRING ALL ADULTS YELLOW thru BLACK +		STUDENT PRINCIPLES <ul style="list-style-type: none"> • Be Polite • Be Patient • Be Alert • Be Brave • Do Your Best • Respect Yourself and Others 			
6:45 – 7:45 AIKIDO		8:00 – 8:30 WEAPONS CLASS		7:45 - 8:30 TAI CHI ADULTS		6:45 – 7:45 AIKIDO		8:00 – 8:30 WEAPONS CLASS		7:45 - 8:30 TAI CHI ADULTS				LITTLE NINJAS 4-5 YRS CHILDREN 6 - 11 YRS TEENS 12 - 15 ADULTS 18 & OVER	

****CHILDREN MAY ONLY BE DROPPED OFF 5 MINUTES BEFORE CLASS**
****CHILDREN MUST BE PICKED UP IMMEDIATELY AFTER CLASS**

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