





GRAPEVINE/HEB MARTIAL ARTS

Schedule Effective 10/1/2021

GrapevineMA.com



MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
12:00 - 12:45 ADULTS/TEENS ALL BELTS			12:00 - 12:45 ADULTS/TEENS ALL BELTS		ZOOM AVAILABLE FOR ALL CLASSES		10:00 - 10:45 ALL CHILDREN ALL BELTS
4:30 - 5:15 BEGINNER CHILDREN WHITE thru YELLOW II	4:30 - 5:15 INTERMEDIATE CHILDREN GREEN thru BLUE II	5:45 - 6:15 LITTLE NINJAS 4 & 5 YEARS	4:30 - 5:15 BEGINNER CHILDREN WHITE thru YELLOW II	4:30 - 5:15 INTERMEDIATE CHILDREN GREEN thru BLUE II	5:45 - 6:15 LITTLE NINJAS 4 & 5 YEARS		11:00 - 11:45 ADULTS/TEENS ALL BELTS
5:20 - 6:05 ADVANCED CHILDREN / TEENS (12-14) RED thru BLACK +		6:00 - 6:30 BAG CLASS ADULTS / CHILDREN YELLOW thru BLACK +	5:20 - 6:05 ADVANCED CHILDREN / TEENS (12-14) RED thru BLACK +		5:20 - 6:05 BEGINNER FAMILY CLASS* WHITE thru BLUE II <small>*families with beginner and advanced students should attend this class</small>	5:30 - 6:15 SPARRING ALL CHILDREN YELLOW thru BLACK +	11:45 - 12:15 YWSD CLASS ADULTS/TEENS BLACK BELTS ONLY
6:10 - 6:55 ALL ADULTS / TEENS (15 & up) ALL BELTS +		6:30 - 7:00 SPARRING ADULTS / CHILDREN YELLOW thru BLACK +	6:10 - 6:55 ALL ADULTS / TEENS (15 & up) ALL BELTS		6:10 - 6:55 ADVANCED FAMILY CLASS RED thru BLACK +	6:20 - 7:05 SPARRING ADULTS/TEENS YELLOW thru BLACK +	PRIVATE LESSONS AVAILABLE
LITTLE NINJAS 4-5 YRS CHILDREN 6 - 11 YRS TEENS 12 - 15 ADULTS 18 & OVER		7:45 - 8:30 TAI CHI ADULTS	PRIVATE LESSONS AVAILABLE		7:45 - 8:30 TAI CHI ADULTS	LITTLE NINJAS 4-5 YRS CHILDREN 6 - 11 YRS TEENS 12 - 15 ADULTS 18 & OVER	KEEP UP WITH EVENTS, SCHEDULES CALENDAR & FACEBOOK GrapevineMA.com

**CHILDREN MAY ONLY BE DROPPED OFF 5 MINUTES BEFORE CLASS
**CHILDREN MUST BE PICKED UP IMMEDIATELY AFTER CLASS
** ONLY STUDENTS ALLOWED INSIDE THE ACADEMY

PRIVATE LESSON TIMES AVAILABLE BY APPOINTMENT ONLY
STRICT RULES MUST BE FOLLOWED FOR STUDENT & INSTRUCTOR SAFETY

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