



GRAPEVINE/HEB MARTIAL ARTS

Workout Schedule

www.GrapevineMA.com



| MONDAY | | TUESDAY | WEDNESDAY | | THURSDAY | | FRIDAY | SATURDAY |
|---|---|--|---|---|---|--|--|---|
| 12:00 - 1:00 | | | 12:00 - 1:00 | | | | | 10:00 - 11:00 |
| ADULTS/TEENS All Belts | | | ADULTS/TEENS All Belts | | | | | ALL CHILDREN All Belts |
| 4:15 - 5:15 | | 5:00 - 5:30 | 4:15 - 5:15 | | 5:00 - 5:30 | | PRIVATE LESSONS AVAILABLE BY APPOINTMENT | 11:15 - 12:15 |
| BEGINNER CHILDREN White Thru Yellow II 4:15 - 5:15 | | LITTLE NINJAS 4 & 5 Yrs Old | BEGINNER CHILDREN White Thru Yellow II 4:15 - 5:15 | | LITTLE NINJAS 4 & 5 Yrs Old | | | ADULTS/TEENS All Belts |
| 5:30 - 6:30 | 5:30 - 6:30 | 5:30 - 6:30 | 5:30 - 6:30 | 5:30 - 6:30 | 5:30 - 6:30 | 5:30 - 6:30 | 5:30 - 6:30 | 12:15 - 1:15 |
| ADVANCED CHILDREN Green Thru Black & Up | ADVANCED ADULTS Red II, Brown Black & Up | SPARRING ALL CHILDREN Yellow & Up | ADVANCED CHILDREN Green Thru Black & Up | ADVANCED ADULTS Red II, Brown, Black & Up | CHILDREN Green Thru Black & Up | CHILDREN White Thru Yellow II | SPARRING ALL CHILDREN Yellow & Up | YWSD ADULTS/TEENS Black Belts Only |
| 6:45 - 7:45 | 6:45 - 7:45 | 6:00 - 7:00 | 6:45 - 7:45 | 6:45 - 7:45 | 6:45 - 7:45 | | 6:00 - 7:00 | |
| ADVANCED TEENS Red, Brown Black & Up | BEGINNER ADULTS/TEENS White Thru Red Belts | SPARRING ALL TEENS | ADVANCED TEENS Red, Brown Black & Up | BEGINNER ADULTS/TEENS White Thru Red Belts | ALL ADULTS All Belts | | SPARRING ALL TEENS | |
| | | 6:30 - 7:30 SPARRING ALL ADULTS Yellow & Up | | | | | 6:30 - 7:30 SPARRING ALL ADULTS Yellow & Up | |
| PRIVATE LESSONS AVAILABLE BY APPOINTMENT | | 7:45 - 8:30 | FOLLOW US ON FACEBOOK & INSTAGRAM | | 7:45 - 8:30 | | PRIVATE LESSONS AVAILABLE BY APPOINTMENT | |
| | | TAI CHI ADULTS | | | TAI CHI ADULTS | | | |

**PLEASE NOTE THESE RULES MUST BE FOLLOWED
FOR STUDENT & INSTRUCTOR SAFETY**

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



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