



GRAPEVINE/HEB MARTIAL ARTS

Schedule Effective 2/15/2026

GrapevineMA.com



MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
					LITTLE NINJAS 4 - 5 YRS CHILDREN 6 - 11 YRS TEENS 12 - 17 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	5:00 – 5:30 LITTLE NINJAS 4 & 5 YEARS	 4:15 – 5:15 BEGINNER CHILDREN WHITE thru YELLOW II	 4:15 – 5:15 INTERMEDIATE CHILDREN GREEN thru BLUE II	5:00 – 5:30 LITTLE NINJAS 4 & 5 YEARS		 11:15 – 12:15 ADULTS/TEENS ALL BELTS
 5:30 – 6:30 ADVANCED CHILDREN RED thru BLACK	 5:30 – 6:30 ADVANCED ADULTS BROWN thru BLACK	 5:30 – 6:30 SPARRING ALL CHILDREN YELLOW thru BLACK	 5:30 – 6:30 ADVANCED CHILDREN RED thru BLACK	 5:30 – 6:30 ADVANCED ADULTS BROWN thru BLACK	 5:30 – 6:30 ALL CHILDREN ALL BELTS / WHITE thru BLACK		 12:30 YWSD CLASS ADULTS/TEENS BLACK BELTS
 6:45 – 7:45 ADULTS & TEENS WHITE thru BLACK	 6:15 – 7:15 SPARRING ALL TEENS & ADULTS YELLOW thru BLACK		 6:45 – 7:45 ADULTS & TEENS WHITE thru BLACK		 6:45 – 7:45 ALL ADULTS ALL BELTS / WHITE thru BLACK		
6:45 – 7:45 AIKIDO ADULTS		7:30 - 8:15 TAI CHI ADULTS	6:45 – 7:45 AIKIDO ADULTS		7:30 - 8:15 TAI CHI ADULTS	LITTLE NINJAS 4-5 YRS CHILDREN 6 - 11 YRS TEENS 12 - 15 ADULTS 18 & OVER	STUDENT PRINCIPLES • Be Polite • Be Patient • Be Alert • Be Brave • Do Your Best • Respect Yourself and Others

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

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