



GRAPEVINE/HEB MARTIAL ARTS

Schedule Effective 1/1/2024

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 16 & OVER	PRIVATE LESSONS AVAILABLE BY APPOINTMENT	○●●●●●●● 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	5:00 – 5:30 LITTLE NINJAS 4 & 5 YEARS		
●●●●●●●● 5:30 – 6:30 ADVANCED CHILDREN BLUE 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 GREEN thru BLACK +	●● 5:30 – 6:30 ADVANCED ADULTS BROWN thru BLACK +	○●●●●●●● 5:30 – 6:30 ALL CHILDREN WHITE thru BLACK +	●●●●●●●● 5:30 – 6:30 SPARRING ALL CHILDREN YELLOW thru BLACK +	
●●●● 6:45 – 7:45 ADVANCED TEENS RED thru BLACK +	○●●●●●●● 6:45 – 7:45 BEGINNER ADULTS & TEENS WHITE thru RED II	●●●●●●●● 6:00 – 7:00 SPARRING ALL TEENS & ADULTS YELLOW thru BLACK +	●●●● 6:45 – 7:45 ADVANCED TEENS RED thru BLACK +	○●●●●●●● 6:45 – 7:45 BEGINNER ADULTS & TEENS WHITE thru RED II	○●●●●●●● 6:45 – 7:45 ALL TEENS & ADULTS ALL BELTS / WHITE thru BLACK +	●●●●●●●● 6:00 – 7:00 SPARRING ALL TEENS	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	7:45 - 8:30 TAI CHI ADULTS	6:45 – 7:45 AIKIDO	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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