



GRAPEVINE/HEB MARTIAL ARTS

Workout Schedule

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 - 12:30 ADULTS/TEENS ALL BELTS		12:00 - 12:30 ADULTS/TEENS ALL BELTS			10:00 - 10:30 ADULTS/TEENS ALL BELTS
4:30 - 5:00 BEGINNER CHILDREN WHITE THRU GREEN II		4:30 - 5:00 BEGINNER CHILDREN WHITE THRU GREEN II	<i>New Student Start Class</i>	<i>New Student Start Class</i>	10:45 - 11:15 ALL CHILDREN ALL BELTS
5:15 - 5:45 ADVANCED CHILDREN BLUE II thru BLACK & ABOVE		5:15 - 5:45 ADVANCED CHILDREN BLUE II thru BLACK & ABOVE	5:15 - 5:45 ADVANCED CHILDREN BLUE II thru BLACK & ABOVE	5:30 - 6:00 DRILLS CLASS ALL CHILDREN YELLOW thru BLACK & ABOVE	11:30 - 12:00 YWSD CLASS ADULTS/TEENS BLACK BELTS ONLY
6:00 - 6:30 ADULTS/TEENS ALL BELTS	6:00 - 6:30 BAG CLASS ADULTS/TEENS ALL BELTS	6:00 - 6:30 ADULTS/TEENS ALL BELTS	6:00 - 6:30 ADULTS/TEENS ALL BELTS	6:15 - 6:45 DRILLS CLASS ADULTS/TEENS ALL BELTS	<i>New Student Start Class</i> PRIVATE LESSONS AVAILABLE
<i>Beginners - White-Yellow II</i> <i>Intermediate - Green-Red II</i> <i>Advanced-Brown & Above</i>	7:45 - 8:30 TAI CHI ADULTS	PRIVATE LESSONS AVAILABLE	7:45 - 8:30 TAI CHI ADULTS	CHILDREN 6 - 11 YRS TEENS 12 - 15 ADULTS 18 & OVER	KEEP UP WITH EVENTS, SCHEDULES CALENDAR & FACEBOOK GrapevineMA.com

**CHILDREN CAN 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 HAVE TO BE FOLLOWED FOR SAFETY OF STUDENTS & INSTRUCTORS.

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