




GRAPEVINE/HEB MARTIAL ARTS

Workout Schedule

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MONDAY 12:00 - 1:00		TUESDAY	WEDNESDAY 12:00 - 1:00		THURSDAY	FRIDAY	SATURDAY 10:00 - 11:00
ADULTS/TEENS All Belts			ADULTS/TEENS All Belts				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 Yrs Old	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 Yrs Old	PRIVATE LESSONS AVAILABLE BY APPOINTMENT	11:15 - 12:15 ADULTS/TEENS All Belts
5:30 - 6:30 ADVANCED CHILDREN Red, Brown, Black & Up	5:30 - 6:30 ADVANCED ADULTS Red II, Brown Black & Up	5:30 - 6:30 SPARRING ALL CHILDREN Yellow & Up	5:30 - 6:30 ADVANCED CHILDREN Red, Brown, Black & Up	5:30 - 6:30 ADVANCED ADULTS Red II, Brown, Black & Up	5:30 - 6:30 ALL CHILDREN All Belts		5:15 - 6:15 SPARRING ALL CHILDREN Yellow & Up
6:45 - 7:45 ADVANCED TEENS Red, Brown Black & Up	6:45 - 7:45 BEGINNER ADULTS/TEENS White Thru Red Belts	6:00 - 7:00 SPARRING ALL TEENS 6:30 - 7:30 SPARRING ALL ADULTS Yellow & Up	6:45 - 7:45 ADVANCED TEENS Red, Brown Black & Up	6:45 - 7:45 BEGINNER ADULTS/TEENS White Thru Red Belts	6:45 - 7:45 ALL ADULTS All Belts	6:00 - 7:00 SPARRING ALL TEENS 6:30 - 7:30 SPARRING ALL ADULTS Yellow & Up	STUDENT PRINCIPLES be Polite be Patient be Alert be Brave do your Best Respect yourself and others 
PRIVATE LESSONS AVAILABLE BY APPOINTMENT		7:45 - 8:30 TAI CHI ADULTS	FOLLOW US ON FACEBOOK & INSTAGRAM		7:45 - 8:30 TAI CHI ADULTS	PRIVATE LESSONS AVAILABLE BY APPOINTMENT	

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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