







GRAPEVINE MARTIAL ARTS & FITNESS CENTER

Workout Schedule

www.GrapevineMA.com



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
AEROBIC BURNER 12:00 - 1:00 ADULTS/TEENS ALL BELTS		AEROBIC BURNER 11:15 - 12:30 AIKIDO ADULTS (ADVANCED ONLY)		FORMS 12:00 - 1:00 ADULTS/TEENS ALL BELTS		FORMS 11:15 - 12:30 AIKIDO ADULTS (ADVANCED ONLY)		SPARRING 11:15 - 12:30 AIKIDO ADULTS (ADVANCED ONLY)		COMBINATION 9:30 - 10:30 ADULTS/TEENS ALL BELTS
4:30 - 5:30 BEGINNER CHILDREN WHITE THRU GREEN II	4:30 - 5:30 INTERMEDIATE CHILDREN GREEN, BLUE, RED & RED II	5:00 - 5:30 LITTLE NINJAS 4-5 YEAR OLDS		4:30 - 5:30 BEGINNER CHILDREN WHITE THRU GREEN II	4:30 - 5:30 INTERMEDIATE CHILDREN GREEN, BLUE, RED & RED II	5:00 - 5:30 LITTLE NINJAS 4-5 YEAR OLDS		4:30 - 5:15 BEGINNER CHILDREN White Belts Only		10:45 - 11:45 ALL CHILDREN ALL BELTS
5:30 - 6:30 ADVANCED ADULTS/TEENS BROWN, BLACK & ABOVE	5:30 - 6:30 ADVANCED CHILDREN BROWN, BLACK & ABOVE	5:30 - 6:30 BEG/INT CHILDREN White thru Green II	5:30 - 6:30 INT/ADV CHILDREN Blue thru Black & Above	5:30 - 6:30 ADVANCED ADULTS/TEENS BROWN, BLACK & ABOVE	5:30 - 6:30 ADVANCED CHILDREN BROWN, BLACK & ABOVE	5:30 - 6:30 BEG/INT CHILDREN White thru Green II	5:30 - 6:30 INT/ADV CHILDREN Blue thru Black & Above	5:15 - 6:15 ALL CHILDREN (ALL BELTS) REGULAR SPARRING TEENS (ALL BELTS) REGULAR SPARRING		 
6:30 - 7:30 ADULTS/TEENS White thru Red II	6:30 - 7:30 AIKIDO ALL BELTS	6:30 - 7:30 ADULTS/TEENS White thru Red II	6:30 - 7:30 ADULTS/TEENS Brown & Above	6:30 - 7:30 ADULTS/TEENS White thru Red II	6:30 - 7:30 AIKIDO ALL BELTS	6:30 - 7:30 ADULTS/TEENS White thru Red II	6:30 - 7:30 ADULTS/TEENS Brown & Above	5:45 - 6:45 6:00 - 7:00 ADULTS & TEENS (All Belts) REGULAR SPARRING		KEEP UP WITH EVENTS, SCHEDULES, CALENDAR  GrapevineMartialArts.com
Beginners - White-Yellow II Intermediate - Green-Red II Advanced-Brown & Above		7:45 - 8:30 TAI CHI ADULTS				7:45 - 8:30 TAI CHI ADULTS		7:00 - 8:00 AIKIDO ADULTS		LITTLE NINJAS 4 & 5 YRS CHILDREN 6 - 11 YRS TEENS 12 - 15 ADULTS 16 & OVER

**CHILDREN CAN ONLY BE DROPPED OFF 10 MINUTES BEFORE CLASS
 **CHILDREN MUST BE PICKED UP NO MORE THAN 10 MINUTES AFTER CLASS
 ***STUDENTS & SIBLINGS NOT WORKING OUT MUST REMAIN IN THE
 OBSERVATION WAITING AREA OR STUDY ROOM DURING WORKOUT

PRIVATE LESSON TIMES AVAILABLE BY APPOINTMENT ONLY
 No Saturday Classes on the 1st Saturday of each month due to
 TESTING DAY EVENTS (Holidays may create an exception)