





HEB/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
ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 1
4:30 - 5:25 BEGINNER CHILDREN WHITE THRU YELLOW II	4:30 - 5:25 INTERMEDIATE CHILDREN GREEN, BLUE, RED & RED II	PRIVATE LESSONS AVAILABLE 5:00 - 5:25 LITTLE NINJAS 4-5 YEAR OLDS		4:30 - 5:25 BEGINNER CHILDREN WHITE THRU YELLOW II	4:30 - 5:25 INTERMEDIATE CHILDREN GREEN, BLUE, RED & RED II	PRIVATE LESSONS AVAILABLE 5:00 - 5:25 LITTLE NINJAS 4-5 YEAR OLDS		4:30 - 5:15 BEGINNER CHILDREN White Belts Only	10:45 - 11:45 ALL CHILDREN ALL BELTS
5:35 - 6:30 ADVANCED CHILDREN BROWN, BLACK & ABOVE	5:35 - 6:30 ADVANCED ADULTS/TEENS BROWN, BLACK & ABOVE	5:35 - 6:30 BEG/INT CHILDREN White thru Green II	5:35 - 6:30 INT/ADV CHILDREN Blue thru Black & Above	5:35 - 6:30 ADVANCED CHILDREN BROWN, BLACK & ABOVE	5:35 - 6:30 ADVANCED ADULTS/TEENS BROWN, BLACK & ABOVE	5:35 - 6:30 BEG/INT CHILDREN White thru Green II	5:35 - 6:30 INT/ADV CHILDREN Blue thru Black & Above	5:15 - 6:15 ALL CHILDREN (ALL BELTS) REGULAR SPARRING	 KEEP UP WITH EVENTS, SCHEDULES, CALENDAR 
6:35 - 7:30 AIKIDO ALL BELTS	6:35 - 7:30 ADULTS/TEENS White thru Red II	6:35 - 7:30 ADULTS/TEENS White thru Red II	6:35 - 7:30 ADULTS/TEENS Brown & Above	6:35 - 7:30 AIKIDO ALL BELTS	6:35 - 7:30 ADULTS/TEENS White thru Red II	6:35 - 7:30 TEENS ADVANCED ONLY	6:35 - 7:30 ADULTS/TEENS(Beg) ALL BELTS	5:45 - 6:45 TEENS (ALL BELTS) REGULAR SPARRING	
7:00 - 8:00 AIKIDO ADULTS		7:45 - 8:30 TAI CHI ADULTS		PRIVATE LESSONS AVAILABLE		7:45 - 8:30 TAI CHI ADULTS		7:00 - 8:00 AIKIDO ADULTS	LITTLE NINJA'S 4 & 5 YRS CHILDREN 6 - 11 YRS TEENS 12 - 15 ADULTS 16 & OVER

Eff-2/1/19

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
OBSERVATION WAITING AREA



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)

