



MARTIAL ARTS

COPPELL LOCATION

Tiger – Ages 4-6 WOY
Junior – Ages 7-11
Teen/Adult – 12 and Up

Monday

5:00-5:30 W,O,Y Tiny Tiger and Junior
5:30-6:00 Camo, Green, Purple Junior
6:00-6:30 Blue, Brown, Red Junior
6:30-7:15 Red/Black and Black Belt Junior
7:15-8:00 Teen/Adult All Ranks

Wednesday

5:00-5:30 W, O, Y Tiny Tiger and Junior
5:30-6:00 Camo, Green, Purple Junior
6:00-6:30 Blue, Brown, Red Junior
6:30-7:00 XMA/Creative*
7:00-7:45 Red/Black and Black Belt Junior
7:45-8:30 Teen/Adult All Ranks

Tuesday

5:00-5:30 Blue, Brown, Red Junior
5:30-6:00 Camo, Green, Purple Junior
6:00-6:45 Red/Black and Black Belt Junior
6:45-7:15 W, O, Y Tiny Tiger and Junior
7:15-8:00 Teen/Adult All Ranks

Thursday

5:00-5:30 Camo, Green, Purple Junior
5:30-6:00 Blue, Brown, Red Junior
6:00-6:45 Red/Black and Black Belt Junior
6:45-7:15 W, O, Y Tiny Tiger and Junior
7:15-8:00 Teen/Adult All Ranks

Friday

5:00-5:45 Leadership/Athletic Development*
5:45-6:30 All Tiger/Junior Sparring
6:30-7:15 XMA/Creative Level 1 and 2*

Saturday

Private Lessons by Appointment Only.
See the front counter to schedule private lessons.

- * LEADERSHIP & LEGACY MEMBERS ONLY.
- BRING YOUR WEAPON TO CLASS EVERY DAY.
- CAMO BELT AND UP MUST BRING SPARRING GEAR TO EVERY CLASS.
- ALL STUDENTS WILL PRACTICE CORE WEAPON CURRICULUM IN THEIR REGULAR CLASS.

110 W. Sandy Lake Road, Suite 160, Coppell, Texas 75019
(214) 222-5004
coppell@vanguardma.com
www.vanguardma.com