



MARTIAL ARTS

ROANOKE LOCATION

Tiger – Ages 4-6
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
6:30-7:00 Red/Black Junior
7:00-7:45 Black Belt Junior
7:45-8:30 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 Red/Black Junior
7:00-7:45 Black Belt Junior
7:45-8:30 Teen/Adult All Ranks

Tuesday

4:30-5:00 Blue, Brown, Red Junior
5:00-5:30 Camo, Green, Purple Junior
5:30-6:00 Red/Black Junior
6:00-6:30 XMA/Creative*
6:30-7:00 W, O, Y Tiny Tiger and Junior
7:00-7:45 Black Belt Junior
7:45-8:30 Teen/Adult All Ranks

Thursday

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

Friday

Private Lessons by Appointment

Visit:

www.smartscheduling.com/roanokeata
to schedule private lessons.

Saturday

9:00-9:30 W, O, Y Tiny Tiger and Junior
9:30-10:15 All Tiger/Junior Sparring
10:15-11:00 XMA/Creative Level 1*
11:00-11:30 XMA/Creative Level 2*
11:30-12:15 XMA/Creative Level 3*
12:15-1:00 Teen/Adult All Ranks
1:00-1:30 Legacy**

- * 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.

Vanguard Martial Arts

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