



MARTIAL ARTS

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

Monday

4:30-5:00 W, O, Y Tiny Tiger
5:00-5:30 W, O, Y 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

4:30-5:00 W, O, Y Tiny Tiger
5:00-5:30 W, O, Y 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

4:00-4:30 Blue, Brown, Red Junior
4:30-5:00 Camo, Green, Purple Junior
5:00-5:30 Red/Black Junior
5:30-6:00 XMA/Creative*
6:00-6:45 Black Belt Junior
6:45-7:15 W, O, Y Tiny Tiger
7:15-7:45 W, O, Y Junior
7:45-8:30 Teen/Adult All Ranks

Thursday

4:30-5:00 Camo, Green, Purple Junior
5:00-5:30 Blue, Brown, Red Junior
5:30-6:00 Red/Black Junior
6:00-6:45 Black Belt Junior
6:45-7:15 W, O, Y Tiny Tiger
7:15-7:45 W, O, Y Junior
7:45-8:30 Teen/Adult All Ranks

Friday

Private Lessons by Appointment Only.

See the front counter to schedule private lessons.

Saturday

9:00-9:30 W, O, Y Tiny Tiger/Junior
9:30-10:15 All Tiger/Junior Sparring
10:15-11:00 XMA/Creative Level 1*
11:00-11:45 XMA/Creative Level 2*
11:45-12:30 Teen/Adult All Ranks
12:30-1:30 Legacy**

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

295 W. Byron Nelson Boulevard, Suite 224, Roanoke, Texas 76262
(817) 491-3500
roanoke@vanguardma.com
www.vanguardma.com