



CLASS SCHEDULE

**HENDERSONVILLE
MARTIAL ARTS**
www.hvillema.com
615-265-8544

KIDS MARTIAL ARTS

ADULT SELF DEFENSE

CLASS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LITTLE DRAGONS (ages 5 - 7)	4:30 pm - 5:00 pm	6:00 pm - 6:30 pm	4:30 pm - 5:00 pm	6:00 pm - 6:30 pm		10:15 am - 10:45 am
KARATE KIDS (ages 8 - 13)	5: 15 pm - 5:45 pm	6:45 pm - 7:15 pm	5: 15 pm - 5:45 pm	6:45 pm - 7:15 pm		10:45 am - 11:15 am
BBT DRAGONS (advanced ages 5 - 7)	5:45 pm - 6:15 pm	5:15 pm - 5:45 pm	5:45 pm - 6:15 pm	5:15 pm - 5:45 pm		10:45 am - 11:15 am
BBT KIDS 1 (Intermediate 8 - 13)	5:45 pm - 6:30pm	5:15 pm - 6:00 pm	5:45 pm - 6:30pm	5:15 pm - 6:00 pm		11:15 am - 12:00 pm
BBT KIDS 2 (Brown II & Up 8 - 13)	6:30 pm - 7:15 pm	4:30 pm - 5:15 pm	6:30 pm - 7:15 pm	4:30 pm - 5:15 pm		11:15 am - 12:00 pm
JR. BLACK BELTS	6:30 pm - 7:15 pm	4:30 pm - 5:15 pm	6:30 pm - 7:15 pm	4:30 pm - 5:15 pm		11:15 am - 12:00 pm
KRAV MAGA BASIC (Teens & Adults)	12:00 pm - 12:45 pm 7:15 pm - 8:00 pm	8:15 pm - 9:00 pm	12:00 pm - 12:45 pm 7:15 pm - 8:00 pm	8:15 pm - 9:00 pm		9:00 am - 9:45 am
BBT1 KRAV MAGA (Purple Belt - Brown Belt Teens & Adults)	12:00 pm - 1:00 pm 8:15 pm - 9:00 pm	7:15 pm - 8:15 pm	12:00 pm - 1:00 pm 8:15 pm - 9:00 pm	7:15 pm - 8:15 pm		9:00 am - 10:00 am
BBT2 Krav Maga (Brown2 & Up Teens & Adults)	12:00 pm - 1:00 pm 8:15 pm - 9:00 pm	7:15 pm - 8:15 pm	12:00 pm - 1:00 pm 8:15 pm - 9:00 pm	7:15 pm - 8:15 pm		9:00 am - 10:00 am

NOTE: This schedule will be effective July 31st. Fridays will be reserved for special events like Parents Night Outs, Black Belt Boot Camps, Seminars, etc.