

# ORO VALLEY MARTIAL ARTS

11133 North La Canada, Oro Valley

520.877.7767

## Schedule effective January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TaeKwonDo Class 3:15 - 3:55	TaeKwonDo class 3:15 - 3:55	TaeKwonDo class 3:15 - 3:55	TaeKwonDo class 3:15 - 3:55	TaeKwonDo class 3:15 - 3:55	TaeKwonDo class 9:00 - 9:40
Black Belt Club 4:00 - 4:40	TaeKwonDo class 4:00 - 4:40	Black Belt Club 4:00 - 4:40	TaeKwonDo class 4:00 - 4:40	Black Belt Club 4:00 - 4:45	Black Belt Club 9:45 - 10:25
TaeKwonDo class 4:45 - 5:25	Black Belt Club 4:45 - 5:25	TaeKwonDo class 4:45 - 5:25	Black Belt Club 4:45 - 5:25	TaeKwonDo class 4:45 - 5:25	TaeKwonDo class 10:30 - 11:10
<b>ALL AGE Leadership Class</b> 5:30 - 6:10	TaeKwonDo class 5:30 - 6:10	TaeKwonDo class 5:30 - 6:10	TaeKwonDo class 5:30 - 6:10	<b>ALL AGE Leadership Class</b> 5:30 - 6:10	<b>Teen and Adult Leadership Class</b> 11:15 - 12:00
TaeKwonDo class 6:15 - 6:55	<b>BLACK BELTS ONLY</b> 6:15 - 6:55	<b>BLACK BELTS ONLY</b> 6:15 - 6:55	TaeKwonDo class 6:15 - 6:55	Krav Maga self defense class 6:15 - 7:15	Teen and Adult Classes 12:00 - 12:40
Teen and Adult Classes 7:00 - 7:40	Teen and Adult Classes 7:00 - 7:40	Teen and Adult Classes 7:00 - 7:40	Teen and Adult Classes 7:00 - 7:40		Teen and Adult BBC 12:40 - 1:00
Teen and Adult BBC 7:40 - 8:00	Teen and Adult BBC 7:40 - 8:00	Teen and Adult BBC 7:40 - 8:00	Teen and Adult BBC 7:40 - 8:00		<b>Birthday parties available</b>

**Students should attend two classes each week to stay on track each cycle**

Adults may attend kids classes but kids cannot attend the teen & adult classes.

[Website: orovalleymartialarts.com](http://orovalleymartialarts.com)

[Facebook: Oro Valley Martial Arts](#)

[Email: orovalleymartialarts@gmail.com](mailto:orovalleymartialarts@gmail.com)

[Instagram: @orovalleymartialarts](#)

**Starting age: around 4 years old**