

# ORO VALLEY MARTIAL ARTS

11133 North La Canada, Oro Valley

520.877.7767

## Schedule effective January 2025

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

**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](https://www.facebook.com/OroValleyMartialArts)

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

Instagram: [@orovalleymartialarts](https://www.instagram.com/orovalleymartialarts)

Starting age: Between 4 & 5 years old