



VANGUARD MARTIAL ARTS

Tiger – Ages 4-6

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

Visit:

www.smartscheduling.com/roanokeata

to schedule private lessons.

Saturday

8:30-9:00 Legacy**

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*

11:00-11:30 Leadership*

11:30-12:15 XMA/Creative Level 2*

12:15-1:00 Teen/Adult All Ranks

- ALL RANKS CAMO BELT AND UP MUST BRING SPARRING GEAR TO EVERY CLASS.
- ALL STUDENTS WILL PRACTICE CORE WEAPON CURRICULUM IN THEIR REGULAR CLASS. BRING YOUR WEAPON TO CLASS EVERY DAY.

* LEADERSHIP MEMBERS & ** LEGACY MEMBERS ONLY

Vanguard Martial Arts

295 W. Byron Nelson Blvd, Suite 224

Roanoke, Texas 76262

(817) 491-3500

www.vanguardma.com

roanoke@vanguardma.com