

VALOR ACADEMY OF MARTIAL ARTS – Effective, 2023

	Room 1	Room 2	Bag Room	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2:00 – 3:00	Home school program		Home school program	
4:00-4:30	3 – 4 YRS	3 – 4 YRS	3 – 4 YRS	3 – 4 YRS
4:00 -4:45	8-11yrs Beginners	8-11yrs Beginners	8-11yrs Beginners	8-11yrs Beginners
4:00- 4:45	5-7 YRS	5-7 YRS	5-7 YRS	5-7 YRS
4:35- 5:05	3 – 4 YRS	3 – 4 YRS	3 – 4 YRS	3 – 4 YRS
4:50-5:35	8-11yrs Inter/adv	8-11yrs Inter/adv	8-11yrs Inter/adv	8-11yrs Inter/adv
4:50-5:35	5-7 YRS	5-7 YRS	5-7 YRS	5-7 YRS
5:40-6:25	8-11yrs Beginners	8-11yrs Beginners	8-11yrs Beginners	8-11yrs Beginners
5:40-6:25	8-11yrs Inter/adv	8-11yrs Inter/adv	8-11yrs Inter/adv	8-11yrs Inter/adv
6:30 -7:15	12yrs + Inter/adv	12yrs + Inter/adv	12yrs + Inter/adv	12yrs + Inter/adv
6:30-7:15	12 yrs + Beginners	12 yrs + Beginners	12 yrs + Beginners	12 yrs + Beginners
7:20-8:05	Hyper Class Pro training	Hyper Class Fight club	Hyper Class Pro training	Hyper Class Fight club
7:20-8:20	Black Belt Class	Black Belt Comp	Black Belt Open Mat	Black Belt Class
7:05-8:05	Adult Fitness		Adult Fitness	

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TIME	FRIDAY	SATURDAY
Bag Room	Room 1	Room 2
10:00 -11:00 AM		Sparring Class All ranks 5yrs +
10:00-10:45		Family training day
11:00-11:45		Demo Team Begin date TBA
11:00-11:45		JR Demo Team Begin Date TBA
4:00- 5:20	Under belt Comp Class	
5:25-6:10	5 Yrs up White Belt Only Class	
5:25 -6:10	Leadership Program	

Saturdays are subject to cancellation with notice due to tournaments, and other activities.