



VIRGINIA MARTIAL ARTS CENTER

(757) 483-0195 KARATE-FAMILY.COM



Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner	5:00 pm	6:00 pm	5:00 pm	6:00 pm		11:30 am
Novice	6:00 pm	5:00 pm	6:00 pm	5:00 pm		11:30 am
Intermediate	7:00 pm	7:00 pm	7:00 pm	7:00 pm		12:30 pm
Advanced	8:00 pm	8:00 pm		8:00 pm		12:30 pm
Powerkids I	6:00 pm		6:00 pm			
Powerkids II	6:30 pm		6:30 pm			
Jiu Jitsu	8:00 pm		8:00 pm			
Brazilian Jiu Jitsu		6:00 pm		7:00 pm	6:00 pm	
Iaido	7:00 pm					
Weapons					5:00 pm	
All Ranks Kumite					6:00 pm	
Black Belt Club	Held on the 2nd & 4th Friday of Each Month				7:00 pm	
Tai Chi		7:00 pm				9:00 am
Light Sword						10:30 am