

# VIRGINIA MARTIAL ARTS CENTER



## 483-0195

[www.karate-family.com](http://www.karate-family.com)

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Dojo #1

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Morning
Beginner	6:00 pm	5:00 pm	6:00 pm	5:00 pm		9:30 am Beginner
Novice	6:45 pm	5:45 pm	6:45 pm	5:45 pm		10:15 am Novice
Intermediate	5:00 pm	6:30 pm	5:00 pm	6:30 pm		11:00 am Int/Adv
Advanced	7:30 pm	7:30 pm	7:30 pm	7:30 pm		
Adult Karate	8:30 pm		8:30 pm			
Black Belt Club	2nd & 4th Friday of each month				7:30 pm	
Competition Class					6:00	
Jiu Jitsu	7:30 pm	7:30 pm	7:30 pm			
Black Belts Only		8:30 pm				
Kendo / Iaido				7:30 pm		12:30
Kickboxing	6:00 pm		6:00 pm		6:30 pm	

Dojo #2

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Morning
Intro				7:15 pm		
Power-kids		6:00 pm		6:00 pm		
Power-kids		6:30 pm		6:30 pm		
Transported After School Karate Beginner—Novice	4:00 pm	4:00 pm	4:00 pm	4:00 pm	4:00 pm	
Transported After School Karate Intermediate—Advanced	4:00 pm	4:00 pm	4:00 pm	4:00 pm	4:00 pm	
Tai Chi Beginner						9:00 am
Tai Chi Intermediate		7:00 pm				
Tai Chi Advanced		8:00 pm				8:00 am

### TIPS FOR ACHIEVING THE MOST FROM YOUR TRAINING:

- Attend at least two classes per week.
- Arrive at least 10 minutes before class.
- Clear your mind and try your very best.