



East Dojo
 5351 Lila Lane
 Virginia Beach, VA 23464

www.SaviorMartialArts.org
757.685.5425

	Monday			Tuesday			Wednesday		Thursday			Friday				
	Floor 1	Floor 2	Floor 3	Floor 1	Floor 2	Floor 3	Floor 1	Floor 2	Floor 1	Floor 2	Floor 3	Floor 1	Floor 2			
12:00n-1:00			Transported After School Martial Arts (2:45-6:00)			Transported After School Martial Arts (2:45-6:00)	Krav Maga (all ranks)	Transported After School Martial Arts (2:45-6:00)			Transported After School Martial Arts (2:45-6:00)	Krav Maga (all ranks)	Transported After School Martial Arts (2:45-6:00)			
3:45-4:15	Lil' Dragons						Lil' Dragons								Lil' Dragons	
4:15-5:00	Green-Blue			Lil' Dragons (4:15- 4:45)			Green-Blue			Lil' Dragons (4:15- 4:45)					All Color Belt Open Class	
5:00-5:30	BBT Sparring			Brown & Black (5:00- 5:45)	HYPER Goshin Jutsu	Beginner - Orange (5:00-5:45)	Demo Team (5:00-6:00)	Japanese Language Kids 5:00 Adults 6:00 – 7:00	Brown & Black (5:00- 5:45)	HYPER Goshin Jutsu	Beginner - Orange (5:00-5:45)					
5:30-6:15	Beginner - Orange			BBT Sparring (5:45-6:15)	HYPER Weapons		Beginner - Orange	Krav Maga 6:00– 6:45 (all ranks)	BBT ELITE Weapons (5:45-6:15)	HYPER 2						
6:15-6:45	Lil' Dragons	BBT Sparring	5 Animal Kung Fu (till 7:45)	Green-Blue (6:15-7:00)	Japanese Sword (6:15 7:15)	Tai Chi Beginner	Lil' Dragons	BBT ELITE Weapons	Green-Blue (6:15-7:00)	Japanese Sword (6:15-7:15)	Tai Chi Beginner					
6:45-7:30	Brown & Black HYPER	Beginner - Orange		Beginner - Orange (7:00-7:45)			Krav Maga Foundations (6:30-7:15)	Brown & Black	Beginner - Orange		Beginner-Orange (7:00-7:45)	Krav Maga (Advanced) 6:30-7:30				
7:30-8:30	Krav Maga (all ranks)	Black Belt (7:45-8:30)		Krav Maga (Advanced)				Black Belt	Krav Maga Foundations 7:30-8:15		Tai Chi Black Sash					