



EAST WEST KARATE/VMMA
 328 York Rd. Warminster, PA 18974 215-441-8100
Fall Class Schedule – EFFECTIVE September 4th, 2018



TINY TIGERS (AGES 3 1/2 and UP) :

TUESDAY 4:30 - 5:00
 SATURDAY 10:00 - 10:30 am

LITTLE DRAGONS TEAM:

MONDAY 4:00 - 4:30
 TUESDAY 6:30 - 7:00
 WEDNESDAY 5:45 - 6:15
 THURSDAY 5:00 - 5:30
 SATURDAY 10:30 - 11:00am

ALL STAR TEAM :

MONDAY 6:00—6:45
 TUESDAY 5:45 – 6:30
 FRIDAY 4:45 – 5:30

Brown, Red & High Red Belts :

MONDAY 6:45 - 7:30
 TUESDAY 7:00 - 7:45
 FRIDAY 5:30—6:15

Junior Black Belts :

MONDAY 4:30 – 5:15
 TUESDAY 7:45 – 8:30
 FRIDAY 5:30—6:15

NOTE: A-day classes are curriculum based days which prepare students for stripe and belt testing.

CHILDREN’S CLASSES

“A Days” :

White Belts :

MONDAY 6:00 - 6:45
 TUESDAY 5:45 – 6:30
 WEDNESDAY 5:00 – 5:45
 FRIDAY 4:45 – 5:30
 SATURDAY 11:00 – 11:45

Yellow & Orange Belts :

MONDAY 6:00 - 6:45
 TUESDAY 5:45 – 6:30
 FRIDAY 4:45 – 5:30

Purple, Blue & Green Belts

MONDAY 5:15 - 6:00
 TUESDAY 5:00 – 5:45
 FRIDAY 4:00 – 4:45

CHILDREN’S SPARRING CLASSES

“B-Days” :

Kids Ages 6 - 9 years old:

WEDNESDAY 5:00 – 5:45 (“B” day - safety gear)
 THURSDAY 5:30 – 6:15 (“B” day - safety gear)
 SATURDAY 11:00 – 11:45 (“B” day - safety gear)

Kids Ages 10 and up:

WEDNESDAY 4:15 - 5:00 (“B” day - safety gear)
 THURSDAY 4:15 - 5:00 (“B” day - safety gear)
 THURSDAY 6:15 - 7:00 (“B” day - safety gear)
 SATURDAY 11:45 - 12:30 (“B” day - safety gear)

NOTE: B-day classes are for All-Star team members and students in children's classes ONLY. All Students must have mandatory safety equipment for attendance on all “B” days! ! !

***** ALL Students MUST attend One “A” day and One “B” day Each Week ! ! !**



VMMA Adult Class Schedule

328 York Rd. Warminster, PA 18974 215-441-8100
Fall Class Schedule - EFFECTIVE September 4th, 2018
Visit us at: www.vmmafit.com



Adult MMA Class :

- "A-Day" CLASS SCHEDULE -

<u>MONDAY</u>	7:30-8:15	White to Green Belts
	8:15-9:15	Brown to Black Belts
<u>WEDNESDAY</u>	6:15-7:00	White to Green Belts
	7:00-8:00	Brown to Black Belts
<u>FRIDAY</u>	6:15-7:00	*All Belts
<u>SATURDAY</u>	9:00-9:45 _{am}	("White" Belts ONLY!!)

Adult Sparring Class :

- "B-Day" CLASS SCHEDULE -

<u>THURSDAY</u>	7:00-8:00	("B" day - safety gear) * All Belts
<u>SATURDAY</u>	9:00-9:45 _{am}	("B" day - safety gear) * All Belts

Adult Jiu-Jitsu Classes

Tuesday: 8:30 - 9:30 Full Gi

Saturday: 8:00_{am} - 9:00_{am} Full Gi

Dojo Guidelines

- All students should attend at least one "A" day and one "B" day each week
- Please arrive 5 - 10 minutes early for class
- Please notify your Instructor if you will be missing a class
- Always collect your personal attendance card and wait for class in the appropriate prep zone
- Remove your shoes and place them in the shoe rack - - **NO SHOES ON THE MAT!!!**
- Be sure to keep your uniform neat and clean at all times
- Always show proper respect and protocol to your Instructors and fellow students
- **We request that you would not bring food into the dojo for sanitary reasons**
- Please keep young children quiet during class times
- No gum chewing in the dojo

- Enjoy your training at East West Karate/VMMA -

We look forward to developing you into a
BLACK BELT CHAMPION!