



# CLASS SCHEDULE

**HENDERSONVILLE  
MARTIAL ARTS**

393 E MAIN ST.—Suite 10 & 11

Hendersonville, TN 37075

[www.hvillema.com](http://www.hvillema.com)

## KIDS MARTIAL ARTS

## ADULT SELF DEFENSE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE DRAGONS (ages 5—7)	4:30 pm - 5:00 pm	6:30 pm - 7:00 pm	4:30 pm - 5:00 pm	6:30 pm - 7:00 pm		9:15 am—9:45 am
KARATE KIDS (ages 8—13)	5: 15 pm - 6:00 pm	7:15 pm - 8:00 pm	5: 15 pm - 6:00 pm	7:15 pm - 8:00 pm		10:00 am—10:45 am
BBT DRAGONS (advanced ages 5—7)	6:00 pm - 6:30 pm	4:30 pm— 5:00 pm	6:00 pm - 6:30 pm	4:30 pm— 5:00 pm		10:45 am—11:15 pm
BBT KIDS 1 (Intermediate 8 - 13)	6:30 pm - 7:15 pm	5:00 pm—5:45 pm	6:30 pm - 7:15 pm	5:00 pm—5:45 pm		11:15 am—12:00 pm
BBT KIDS 2 (Brown Belt & Up 8—13)	7:15 pm - 8:00 pm	5:45 pm - 6:30 pm	7:15 pm - 8:00 pm	5:45 pm - 6:30 pm		11:15 am—12:00 pm
KRAV MAGA BASIC (Teens & Adults)	12:00 pm - 1:00 pm 8:00 pm - 9:00 pm	6:00 pm—7:00 pm 7:00 pm—8:00 pm	12:00 pm - 1:00 pm 8:00 pm - 9:00 pm	6:00 pm—7:00 pm 7:00 pm—8:00 pm		8:00 am—9:00 am
BBT KRAV MAGA (advanced teens & adults)	6:00 pm—7:00 pm 7:00 pm—8:00 pm	8:00 pm—9:00 pm	6:00 pm—7:00 pm 7:00 pm—8:00 pm	8:00 pm—9:00 pm		8:00 am—9:00 am

**NOTE:** This schedule will be effective March 1st, 2018. *Fridays will be reserved for special events like Parents Night Outs, Black Belt Boot Camps, Seminars, etc.*