



WHERE SUPERHEROES TRAIN

SUPERIOR MARTIAL ARTS CHARLOTTESVILLE CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TINY HEROES	4:30PM	4:30PM	4:30PM	4:30PM		
AUTISM CLASS		3:30PM		3:30PM		
BEGINNERS (WH/OR/YEL)	5PM	6:30PM	5PM	6:30PM		
LEADERSHIP	5:45PM	Legacy 7:15PM	5:45PM	Legacy 7:15PM		
ADVANCED (CAMO-BLK REC.)	6:15PM	5PM	6:15PM	5PM		
BLACK BELTS ONLY	7PM	5:45PM	7PM	5:45PM		
FAMILY CLASS (ALL RANKS)						11AM
SPARRING (ALL RANKS)						10AM
XMA (LEADERSHIP ONLY)					6PM	
COMPETITION CLASS					5PM	
KRAV MAGA BEG/ADV	NOON/7:45PM (BEG)	NOON/7:45PM (ALL)	NOON/7:45PM (BEG)	NOON/7:45PM (ALL)		12PM (ALL)
JIU JITSU		8:45PM		8:45PM		1PM

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