

MARTIAL ARTS

of WEST END

804 673 5200



(Starting March 1st 2021)

MON A DAY	TUES A DAY	WED B DAY	THURS B DAY	FRI MAKE UP DAY	SAT MAKE UP DAY
6:00pm White Belts Live & Zoom	6:00pm All Belts Live & Zoom	6:00pm White Belts Live & Zoom	6:00pm All Belts Live & Zoom	6:00pm Moon Moo Kwan Live & Zoom	10:00am White Belts Live & Zoom
6:30pm Yellow to Purple Live & Zoom	6:30pm Blue & Higher Live & Zoom	6:30pm Yellow to Purple Live & Zoom	6:30pm Blue & Higher Live & Zoom	6:30pm All Belts Live & Zoom	10:30am All Belt Live & Zoom
7:00pm All Belts Live W Contacted	7:00pm All Belts Live W Contacted	7:00pm All Belts Live W Contacted	7:00pm All Belts Live W Contacted		11:00am All Belt Live W Contacted

With contacted means the students will be light sparring and working on self defense grabs.
!!!!Please order you sparring gear today!!!!

Important Dates	Special Details
<p>Please visit the web page regularly for up in coming events.</p> <p>As well as you will be receiving emails for updates.</p> <p>Please join our Face Book page and groups to stay current.</p> <p>Always take a look at our TV in the lobby.</p>	<p>*Attend minimum 2 classes per week on A & B days.</p> <p>*Make up days are Fridays and Saturdays.</p> <p>*Testing is every 10 weeks Attend 2 Classes Per Week and Earn 3 Tip on Your Belt.</p> <p>*Week 6 through 9 are typical Tip Weeks</p>

10454 RIDGEFIELD PKWY. HENRICO VA 23233
WWW.MAWESTEND.COM