

# 2012 SCHEDULE

Effective January 2012

## EAST WEST MARTIAL ARTS – CHILDREN’S PROGRAMS

CLASS	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Tiny Tiger	2:45	3:30	2:45	3:30		
Lil’ Champions	3:15 3:45	5:30	3:15 3:45	5:30		
White Belt Only / Upstairs	5:30*		5:30*			
Kids Basic Training	4:45	6:00	4:45	6:00		
Kids Black Belt Basic Training	4:15	6:30	4:15	6:30		
Kids Black Belt Training	6:00	4:00	6:00	4:00		
Kids Masters Training	6:45	4:45	6:45	4:45		
Junior Black Belt Training	6:45	4:45	6:45	4:45		
Teens	5:15	7:00	5:15	7:00		
Instructor Training					3:15	
Demo Team					4:00	
Basic XMA					4:30	
XMA					5:15	
Masters Seminar					6:00	

## EAST WEST MARTIAL ARTS - ADULT PROGRAMS

CLASS	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Adult Kung Fu	7:30	7:30*	7:30	7:30*		
Adult Kung Fu Masters Training Class	8:30	8:30*	8:30	8:30 *		
Adult Kung Fu Black Belts and Higher	9:45am					10:00am **
Krav Maga – Basic Level	6:00 *	5:30 *	12:00 6:00 *	5:30 *	12:00	
Krav Maga – Intermediate	12:00 7:00*	6:30 *	7:00*	12:00 6:30 *		
Krav Maga – Advanced	12:00 7:00*	*	7:00*	12:00		

\* Class Held Upstairs – Studio B

\*\* Class Held Every Other Saturday, 90 minutes

Kids Program	Duration	Adult Programs	Duration
Tiny Tigers	20 minutes	Kung Fu - Basic Training	45 minutes
Little Dragon, Basic Training & Black Belt Basic Training	30 minutes	Kung Fu – Basic Black Belt Training, Black Belt Training	60 minutes
Teens, Black Belt Training & Masters Training	45 minutes	Kung Fu – Masters Training	30 minutes
Masters Seminar (every other Friday)	45 minutes	Kung Fu – Black Belts and Above	60 minutes
Demonstration Team	60 Minutes	Krav Maga – All classes	60 minutes
XMA and Leadership	90 Minutes	Basic XMA	60 Minutes

East West Martial Arts, LLC (360) 695-6845

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

