



Savior
Martial Arts®

Western Branch Dojo

3322 Western Branch Blvd.
Chesapeake, VA

www.SaviorMartialArts.org

753-6137

Building Black Belts from the Inside Out

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30-4:15	Lil' Dragons (till 4:00)	Private Lessons* Intros	Lil' Dragons (till 4:00)	Private Lessons* Intros	Private Lessons* Intros
4:15-5:00	Green-Blue	Lil' Dragons (till 4:45)	Green-Blue	Lil' Dragons (till 4:45)	Lil' Dragons (till 4:45)
5:00-5:45	Brown-Black	Beginner- Orange	Brown-Black	Beginner- Orange	Stripe Support
6:00-6:45	Lil Dragons (till 6:30)	Green- Blue ELITE	Lil Dragons (till 6:30)	Green-Blue	Xtreme Martial Arts
6:45-7:30	Beginner- Orange	Brown-Black	Beginner- Orange	Brown-Black	Elite
7:30-8:15	Teen/Adult (Beginner-Black)	MMA	Teen/Adult (Beginner-Black)	MMA	Sparring/ MMA

* Private Lessons are by appointment only