



discipline the mind...the body will follow

GENTLE EAST MARTIAL ARTS

6911 Chital Dr.
Midlothian, VA 23112
(804) 739-2715

Effective 03/13/17

www.gema-va.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 MMOMA			10:00 MMOMA	10:00 Little Dragons
						10:30 Family Class
	4:30 Little Dragons	4:00 C-Fit		4:00 C-Fit		11:30-12:15 Red & Black Belt Leadership Training
2:00 – 3:30 Demo Team Practice	5:00 Children White & Yellow Belt	5:00 Red & Black Belt	5:00 Children Green & Blue Belt	5:00 Children White & Yellow Belt	5:00 Forms All Belts	1:00 – 2:30 Birthday Party / Special Events
	6:00 Children Green & Blue Belt	6:00 Children White & Yellow Belt	6:00 Red & Black Belt	6:00 Children Green & Blue Belt	6:00 Beginner Adult	3:00 – 4:30 Birthday Party / Special Events
	7:00 Red & Black Belt	7:00 Teen & Adult All Belt	7:00 – 8:30 Teen & Adult Cardio / Forms Sparring	7:00 Teen & Adult All Belt	7:00 – 8:30 Advanced Training	

MMOMA: Mothers' Morning of Martial Arts. Special emphasis on women and their training goals.

Children: Ages 5 to 12 **Teen/Adult:** 13 & up or instructor's invitation **Family:** Children & Adults