



640 Warrior Drive, #108  
Stephens City, VA 22655

540-868-9331

www.bmmausa.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
C						All Ages (All Belt Levels) 10:00-10:50
L	Adults 11:00 - 12:00	Adults 11:00 - 12:00	Adults 11:00 - 12:00	Adults 11:00 - 12:00	Adults 11:00 - 12:00	Falling, Landing, Tumbling 10:50-11:40
O						
S						Special Events (TBA)
E	Beginners (White through Yellow w/ 1 Stripe) 4:30 - 5:15	No Class	Beginners (White through Yellow w/ 1 Stripe) 4:30 - 5:15	Advanced (Yellow w/ 2 Stripes and Above) 4:30 - 5:15	Beginners (White through Yellow w/ 1 Stripe) 4:30 - 5:15	
D	Special Class* 5:15 - 5:45	Until	Special Class* 5:15 - 5:45	Special Class* 5:15 - 5:45	Special Class* 5:15 - 5:45	
	Advanced (Yellow w/ 2 Stripes and Above) 5:45 - 6:30	February	Advanced (Yellow w/ 2 Stripes and Above) 5:45 - 6:30	Beginners (White through Yellow w/ 1 Stripe) 5:45 - 6:30	Advanced (Yellow w/ 2 Stripes and Above) 5:45 - 6:30	
	Adults (14 and over ONLY) 6:30-7:30	2011	Adults (14 and over ONLY) 6:30-7:30	Adults (14 and over ONLY) 6:30-7:30	Adults (14 and over ONLY) 6:30-7:30	
	Kickboxing 7:30-8:30		Kickboxing 7:30-8:30	Kickboxing 7:30-8:30		

\* As students' makeup allows, sparring, falling, special techniques\*