



BLUE MOUNTAIN MARTIAL ARTS

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						Bootcamp Fitness 12:00-2:00 (Except on Testing Days)
S						Special Events (TBA)
E	Beginners (White through Yellow w/ 1 Stripe) 4:30 - 5:10	Intermediate (Instructor Approval Required) 4:30 - 5:10	Beginners (White through Yellow w/ 1 Stripe) 4:30 - 5:10	Intermediate (Instructor Approval Required) 4:30 - 5:10	Beginners (White through Yellow w/ 1 Stripe) 4:30 - 5:10	
D	Intermediate (Instructor Approval Required) 5:10 - 5:50	Advanced (Yellow w/ 2 Stripes and Above) 5:10 - 5:50	Intermediate (Instructor Approval Required) 5:10 - 5:50	Advanced (Yellow w/ 2 Stripes and Above) 5:10 - 5:50	Intermediate (Instructor Approval Required) 5:10 - 5:50	
	Advanced (Yellow w/ 2 Stripes and Above) 5:50 - 6:35	Beginners (White through Yellow w/ 1 Stripe) 6:00 - 6:40	Advanced (Yellow w/ 2 Stripes and Above) 5:50 - 6:35	Beginners (White through Yellow w/ 1 Stripe) 6:00 - 6:40	Advanced (Yellow w/ 2 Stripes and Above) 5:50 - 6:35	
	Adults (16 and over ONLY) 6:35-7:30	Adults (16 and over ONLY) 6:40-7:40	Adults (16 and over ONLY) 6:35-7:30	Adults (16 and over ONLY) 6:40-7:40	Adults (16 and over ONLY) 6:35-7:30	
	Kickboxing 7:30-8:15		Kickboxing 7:30-8:15		Kickboxing 7:30-8:15	

* All Students Must Arrive No Later Than 10 Minutes Prior To Class!