

HERO-MARTIAL ARTS SCHEDULE OF CLASSES

www.hero-martialarts.com
2800 Global Parkway Midwest City 73110
405-737-4331

MONDAY

5:00-5:30pm
Hero Kids

5:35-6:15pm
Youth Martial Arts
Level 1

6:20-6:55pm
Beginner's @
Hero

Teen/Adult
7:00-7:40pm
(Levels 1-2)
7:00-8:00pm
(Levels 3-4)

TUESDAY

5:00-5:40 pm
Youth Martial Arts
Level 1

5:00-6:00pm
Youth Martial Arts
Level 3

6:05-6:35pm
Hero Kids

6:40-7:20pm
Youth Martial Arts
Level 2

6:40-7:40pm
Youth Martial Arts
Level 4

WEDNESDAY

5:00-5:30pm
Hero Kids

5:35-6:10pm
Beginner's @
Hero

6:15-6:55pm
Youth Martial Arts
Level 1

Teen/Adult
7:00-7:40pm
(Levels 1-2)
7:00-8:00pm
(Levels 3-4)

THURSDAY

5:00-5:40pm
Youth Martial Arts
Level 2

5:00-6:00pm
Youth Martial Arts
Level 4

6:05-6:35pm
Hero Kids

6:40-7:20pm
Youth Martial Arts
Level 1

6:40-7:40pm
Youth Martial Arts
Level 3

SATURDAY

9:00-9:40am
Youth Martial Arts
Level 1

9:00-10:00am
Youth Martial Arts
Level 3

10:05-10:35am
Hero Kids

10:40-11:15am
Youth Martial Arts
Level 2

10:40-11:40am
Youth Martial Arts
Level 4

FRIDAY'S are reserved for workshops & events.
See HMA newsletter for date and details.

Effective 2/8/26

Download our Hero App and YouTube to access curriculum training videos and more! Hero Martial Arts Studio code: "1994"
Private Training @ HMA must be purchased thru the HMA app.



Proudly
partnered
with:

