

HERO-MARTIAL ARTS SCHEDULE OF CLASSES

MONDAY

1 on 1 Training
Zoom or In person

4:30-5:15pm
Hero Martial Arts
Level 1
Beginners ages 6-12

5:15-5:45pm
Hero Kids
for ages 3-6

5:45-6:30pm
Hero Martial Arts
Level 2

6:30-7:15pm
Hero Martial Arts
Level 3, 3A, & 4

7:15-8:00pm
Hero Martial Arts
Level 1 Teen/ Adults

TUESDAY

1 on 1 Training
Zoom or In person

4:30-5:00pm
Hero Kids
for ages 3-6

5:00-5:45pm
Hero Martial Arts
Level 1
Beginners ages 6-12

5:45-6:30pm
Hero Martial Arts
Level 2

6:30-7:15pm
Hero Martial Arts
Level 3, 3A, & 4

7:15-8:00pm
Beginner FKB
8:05- 8:30pm
Advanced FKB
Teens & Adults

WEDNESDAY

1 on 1 Training
Zoom or In person

4:30-5:15pm
Hero Martial Arts
Level 1
Beginners ages 6-12

5:15-5:45pm
Hero Kids
for ages 3-6

5:45-6:30pm
Hero Martial Arts
Level 2

6:30-7:15pm
Hero Martial Arts
Level 3, 3A, & 4

7:15-8:00pm
Hero Martial Arts
Level 1 Teen/ Adults

THURSDAY

1 on 1 Training
Zoom or In person

4:30-5:00pm
Hero Kids
for ages 3-6

5:00-5:45pm
Hero Martial Arts
Level 1
Beginners ages

5:45-6:30pm
Hero Martial Arts
Level 2

6:30-7:15pm
Hero Martial Arts
Level 3, 3A, & 4

7:15-8:00pm
Beginner FKB
8:05- 8:30pm
Advanced FKB
Teens & Adults

FRIDAY

1 on 1 Training
Zoom or In person

4:30-5:15pm
Hero Martial Arts
Level 1
Beginners ages 6-12

5:15-5:45pm
Hero Kids
for ages 3-6

5:45-6:30pm
Hero Martial Arts
Level 1 Teen/ Adults

6:30-7:15pm
Beginner FKB
7:15- 7:45pm
Advanced FKB
Teens & Adults

SATURDAY

9:15-10:00am
Hero Martial Arts
Level 1
Beginners ages 6-12

10:00-10:30am
Hero Kids
for ages 3-6

10:30-11:15am
Hero Martial Arts
Level 3, 3A, & 4

Download our App
to access curriculum
training videos
and more!

Hero Martial Arts

Studio code:
"1994"

Private Training
@ HMA

must be purchased
thru the HMA app.

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