



SAVIOR MARTIAL ARTS®



Dragons ages 5-7
Karate Kids ages 8-11
Teen Krav Maga ages 12-16
Adult Krav Maga ages 17+

5351 Lila Lane
Virginia Beach, VA 23464

East  Dojo

757.685.5425
www.SaviorMartialArts.org



Building Black Belts from the Inside Out

Savior
Martial Arts®

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CLASS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Instructor Training

Dragons

4:30pm - 5:00pm

5:30pm - 6:00pm

4:30pm - 5:00pm

5:30pm - 6:00pm

**Elite
Weapons**

4:30pm - 5:00pm

5:30pm - 6:00pm

**Kids Karate
White - Blue**

5:00pm - 6:00pm

6:00pm - 7:00pm

5:00pm - 6:00pm

6:00pm - 7:00pm

**Kids Karate
Advanced**

6:00pm - 7:00pm

7:00pm - 8:00pm

6:00pm - 7:00pm

7:00pm - 8:00pm

Karate X

6:00pm - 7:00pm

7:00pm - 8:00pm

6:00pm - 7:00pm

7:00pm - 8:00pm

**Teen Krav Maga
All Ranks**

6:30pm - 7:30pm

5:30pm - 6:30pm

6:30pm - 7:30pm

5:30pm - 6:30pm

**Adult Krav Maga
All Ranks**

5:30pm - 6:30pm

6:30pm - 7:30pm

5:30pm - 6:30pm

6:30pm - 7:30pm