



Building Black Belts from the Inside Out

# Savior Martial Arts West Dojo

6540 Hampton Roads Pkwy.

Suffolk, VA 23435

weststaff@SaviorMartialArts.org

[www.SaviorMartialArts.org](http://www.SaviorMartialArts.org)

**757-753-6137**

Monday	Tuesday	Wednesday	Thursday	Friday
Dragons 3:45-4:15	White-Brown Belts 3:30-4:15	Dragons 3:45-4:15	White-Brown Belts 3:30-4:15	
Green-Blue Belts 4:30-5:15	Dragons 4:20-4:50	Green-Blue Belts 4:30-5:15	Dragons 4:20-4:50	Lil' Dragons 4:20-4:50
Brown-Black Belts 5:15-6:00	White-Orange Belts 5:00-5:45	Brown-Black Belts 5:15-6:00	White-Orange Belts 5:00-5:45	All Ranks Karate Class 5:00-5:45
Dragons 6:05-6:35	Green-Brown Belts 5:45-6:30	Dragons 6:05-6:35	Green-Brown Belts 5:45-6:30	Black Belt Boot Camp 5:45-6:30
White-Blue Belts 6:45-7:30	Krav Maga 6:30-7:15	White-Blue Belts 6:45-7:30	Krav Maga 6:30-7:15	
Krav Maga 7:45-8:30	Brown-Black Belts 7:15-8:00	Krav Maga 7:45-8:30	Brown-Black Belts 7:15-8:00	
	Kung Fu 7:45-8:45		Kung Fu 7:45-8:45	