

BINNS VMA Fall Schedule Effective: September 4th , 2025

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<u>Class</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Baby Cubs	4:30-5:00 pm						
Boxing Training			4:15-5:00 pm				
Black belt Training Course Level 1 & 2	5:00-5:45 pm		5:00-5:45 pm		6:15-7:00 pm Black Belt Club Class		
Black belt Training Course Level 3 & Advanced Teens	6:00-6:45 pm		6:00-6:45 pm		6:15-7:00 pm	12:15-1:00 pm	
Teens	6:00-6:45 pm		6:00 - 6:45 pm		6:15-7:00 pm	12:15 -1:00 pm	
AfterSchool Martial Arts		5:00-5:30 pm Kickboxing		5:00-5:30 pm Boxing			
Karate Cubs Basic Training		6:00-6:30 pm		6:00-6:30 pm		11:00-11:30 am	
VMA Basic Training		6:30-7:00 pm		6:30-7:00 pm		11:30-12:00 pm	
Kickboxing & Fitness		Circuit Training & Kickboxing 7:30-8:15 pm		HIIT, Pad drills 7:30 - 8:15 pm		Strength Training and Boxing 10:00 - 10:45 am	
Competition Training/Sparring Session		8:15-9:00 pm		8:15-9:00 pm		12:15-1:00 pm	1:00 - 2:30 pm
Hyper Pro Elite						1:00-1:45 pm	
Intros and Privates	4:00-4:30 pm	4:00-4:30 pm				2:00-3:00 pm	2:00-3:00 pm

PRIVATE LESSONS AND PERSONAL TRAINING AVAILABLE UPON REQUEST