

BINNS VMA Spring Schedule Effective: April 1st, 2026

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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>
Boxing Training			4:15-4:45 pm	4:00-4:45 pm		
After school Martial Arts		4:00-4:45 pm	4:15-4:45 pm	4:00-4:45 pm		
Karate Cubs Training (Ages 5-7 Beginners)		6:00-6:30 pm		6:00-6:30 pm		11:00-11:30 am
Karate Kids Basic Training (Ages 7-12 Beginners)		6:30-7:00 pm		6:30-7:00 pm		11:30-12:00 pm
Black Belt Training Foundations Team		5:00-5:45 pm		5:00-5:45 pm	6:15-7:00 pm	
Kickboxing & Fitness		Circuit Training & Kickboxing 7:30-8:15 pm		Strength Training and Boxing 7:30 - 8:15 pm		HIIT, Pad drills 10:00-10:45 am
Baby Cubs Guardian and Me (Ages 2-4 Years Old)	4:30-5:00 pm Group 1					9:30-10:00 am Group 2
Black Belt Training Skills Development Team	5:00-5:45 pm		5:00-5:45 pm		6:15-7:00 pm	
Black Belt Training Leadership Team	6:00-6:45 pm		6:00 - 6:45 pm		6:15 - 7:00 pm	12:15 -1:00 pm
Competition Training	6:45-7:30 pm		6:45 - 7:30 pm	8:15-9:00 pm	7:00 - 7:45 pm	12:15-1:00 pm
Demo Team Practice					5:30-6:00 pm	1:30-2:15 pm
Intros and Privates	4:00-4:30 pm				4:00-5:00 pm	2:30-3:00 pm

PRIVATE LESSONS AND PERSONAL TRAINING AVAILABLE UPON REQUEST