



Champions Martial Arts Grafton
 82 Worcester Street A & B
 North Grafton MA 01536
 774-293-8244
 cmagrafton@championstk.com

Effective August 25, 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:50-3:35	CMA Teens 12-17 years old		CMA Teens 12-17 years old			8am-9:30am Team Champions USA
3:35-4:20	BBC Level 3 and Up	BBC Level 2	BBC Level 3 and Up	BBC Level 2		9:30am Tumbling
4:20-5:05	BBC Level 1	Beginner	BBC Level 1	Beginner	BBC Level 1 Sparring	10:45am Beginner
5:05-5:50	Beginner	BBC Level 1	Beginner	BBC Level 1	BBC Level 2 Sparring	11:30am Rising Champions Team
5:50-6:35	BBC Level 2	BBC Level 1	BBC Level 2	BBC Level 1	BBC Level 3 & Up Sparring	
6:35-7:20	Team Champions USA Sparring	BBC Level 3 and Up	Team Champions USA Poomsae	BBC Level 3 and Up	Team Champions USA World Class Sparring	
7:20-8:05	Team Champions USA Sparring	Leadership/ Instructor (Black Belt invite Only)	Team Champions USA Poomsae	Leadership/ Instructor (Black Belt invite Only)		
8:05-8:50		CMA Adult 15+	12+ Tumbling	CMA Adult Class 15+		



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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-5:00	Little Tigers Beginner	Little Tigers Intermediate & Advanced	Little Tigers Beginner	Little Tigers Intermediate & Advanced	Team Champions USA World Class Poomsae	9:30am Little Tigers Beginner
5:00-5:30	Little Tigers Intermediate	Little Tigers Beginner	Little Tigers Intermediate	Little Tigers Beginner	Team Champions USA World Class Poomsae	10am Little Tigers Intermediate
5:30-6:00	Little Tigers Advanced		Little Tigers Advanced		Team Champions USA World Class Sparring	
					Team Champions USA World Class Sparring	end time 6:30