



SUNRISE MARTIAL ARTS

RANCHO MISSION VIEJO CLASS SCHEDULE • 2026

30915 Gateway Pl, Lara Ranch/RMV, CA 92694

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Facebook: @RMVSMA • *Private sessions available upon request*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:25 PM	All Belts 3:25–4:05	Little Heroes 3:25–3:55	All Belts 3:25–4:05	Little Heroes 3:25–3:55	All Belts 3:25–4:05	Little Heroes 9:25–9:55
4:00 PM	All Belts 4:10–4:50	All Belts 4:00–4:40	All Belts 4:10–4:50	All Belts 4:00–4:40	All Belts 4:10–4:50	All Belts 10:00–10:40
4:45 PM	Little Heroes 4:55–5:25	All Belts 4:45–5:25	Little Heroes 4:55–5:25	All Belts 4:45–5:25	All Belts 4:55–5:35	All Belts 10:45–11:25
5:30 PM	Teens/Advanced 5:30–6:10	All Belts 5:30–6:10	Teens/Advanced 5:30–6:10	All Belts 5:30–6:10	Black Belts 5:35–6:15	Teens/Advanced 11:30–12:10
6:10 PM	Black Belts 6:10–6:50	Teens/Advanced 6:10–6:50	Private Class	Teens/Advanced 6:10–6:50		BELT TESTING 12:20–1:00