

CLASSES	MON	TUES	WED	THURS	FRI	SAT
CIT						9:00 - 9:30 AM
LITTLE DRAGONS	4:00 – 4:30 PM	6:00 - 6:30 PM	4:00 – 4:30 PM	6:00 - 6:30 PM		9:30 - 10:00 AM
KID BASIC	4:00 - 4:30 PM	5:30 - 6:00 PM	4:00 - 4:30 PM	5:30 - 6:00 PM		9:30 - 10:00 AM
MASTER CLUB 1	6:00 - 6:45 PM	4:00 - 4:45 PM	6:00 - 6:45 PM	4:00 - 4:45 PM		10:00 - 10:45 AM
MASTER CLUB 2	5:15 – 6:00 PM	4:45 - 5:30 PM	5:15 – 6:00 PM	4:45 - 5:30 PM		10:45 - 11:30 AM
MASTER CLUB 3	4:30 – 5:15 PM	6:30 – 7:15 PM	4:30 – 5:15 PM	6:30 – 7:15 PM		11:30 - 12:15 PM
LEADERSHIP	6:45 – 7:30 PM					
TEEN MASTER CLUB		7:15 - 8:15 PM		7:15 - 8:15 PM		12:15 - 1:15 PM
BLACK BELT	6:45 - 7:30 PM		7:00 - 8:00 PM			
BJJ/COMP. TEAM	7:30 - 8:30 PM		7:00 - 8:00 PM			

USA Martial Arts School Policies

- Arrive 5 minutes prior to class.
- Students to warm up area on mat.
- Do not disturb class in session.
- Quietly stretch to prepare for class.
- All jewelry must be removed for safety.
- No holes in uniforms.
- Younger children must remain in lobby.

Attendance – 2 to 3 Classes per Week – 2 classes meet curriculum requirements, and 3 classes helps manage missed classes.

HAVE YOUR BIRTHDAY PARTY HERE!!

Just bring your camera, sit back, and enjoy.... We do all the work!!

Each 90-minute party includes exciting martial arts lessons developing teamwork through games and drills. Pizza and drinks for all kids included. Birthday student gets to be a black belt for party.

Contact Connie Akgerman for more details 972-985-7738

