



December 2017



Adult Martial Arts Programs

Adult Muay Thai Kickboxing

Mornings: Mon, Wed, Fri, & Sat: 11:00 am
 Tues & Thurs: 10:00am
 Evenings: Mon, Wed, & Fri: 6:00 pm
 Tues & Thurs: 4:45 pm
 (Ladies Only) Tues & Thurs: 6:15 pm

Adult Brazilian Jiu-Jitsu

Mornings: Mon, Wed, Fri, & Sat: 10:00 am
 Evenings: Mon & Wed: 6:15pm
 Tues & Thurs: 7:00pm
 Friday: 5:30pm
 (Advanced) Tues & Thurs: 4:00pm

Adult Karate

Mornings: Wed: 12:00 pm
 Sat: 9:00 am
 Evenings: Mon & Wed: 5:15 pm
 Tues & Thurs: 6:30 pm

Kids Martial Arts Programs

Kids Brazilian Jiu-Jitsu

Mornings: Saturday: 10:00 am
 Evenings:
 (5-9 Year Old) Mon & Wed: 4:30 pm
 (9-14 Year Old) Mon & Wed: 5:15 pm
 (9-14 Year Old) Tues & Thurs: 5:30 pm
 (5-9 Year Old) Tues & Thurs: 6:15 pm
 (Advanced) Thursday: 4:00 pm
 (5 -14 Year Old) Friday: 4:45 pm

Kids Muay Thai

(9-14 Year Old) Mon & Wed: 4:30 pm
 (5-9 Year Old) Mon & Wed: 5:15 pm
 (5-9 Year Old) Tues & Thurs: 5:30 pm
 (9-14 Year Old) Tues & Thurs: 6:15 pm
 (5 -14 Year Old) Fridays: 4:30 pm

Karate Mon & Wed Class times

3:30pm: All Blue, Red, & Black belts
 4:30pm: Pee Wee, White & Orange belts
 5:15pm: All Purple & Green belts
 6:00pm: Pee Wee, White & Orange belts
 6:30pm: Purple & Green belts

Karate Tues & Thurs Class times

3:30pm: Pee Wee, White & Orange belts
 4:15pm: All Purple & Green belts
 5:00pm: Pee Wee, White & Orange belts
 5:45pm: All Blue, Red, & Black belts
 6:45pm: Kids All Ranks

Karate Friday Class times

4:30pm: Pee Wee, White & Orange belts
 5:15pm: Purple & Green belts
 6:00pm: Pee Wee, White & Orange belts

Karate Saturday Class times

9:00am: Blue/White - Black belts
 9:45am: Purple/White - Green belts
 10:30am: Pee Wee, White - Orange Belts

S	Mon	Tue	Wed	Thu	Fri	Sat
PASSING					1 Sparring	2 Sparring
3 SWEEPS	4 Self-Defense	5 Self-Defense	6 Requirements	7 Requirements	8 Testing Kata	9 Kata
10 MOUNT/SIDE CONTROL	11 Sparring	12 Sparring	13 Self-Defense	14 Self-Defense	15 Requirements	16 Requirements
17 BACK	18 Kata	19 Kata	20 Sparring	21 Sparring	22 Self-Defense	23 Self-Defense
24 GUARD	25 Merry Christmas! Requirements	26 Requirements	27 Kata	28 Kata	29 Sparring	30 Sparring
31						

Adult Fitness Programs

Fitness Bootcamp

Mornings: Mon, Wed & Fri: 6:15am
 Tues & Thurs: 5:30 am
 Saturday: 8:00 am
 Evenings: Mon & Wed: 4:30 pm
 Tues & Thurs: 6:15 pm

Fitness Kickboxing

Mornings: Mon, Wed & Fri: 5:30am
 Tues & Thurs: 6:15 & 9:15 am
 Fri: 9:15am
 Saturday: 9:00 am
 Evenings: Mon & Wed: 3:30, 5:15, 6:45pm
 Tues & Thurs: 4:45, 5:30, 7:00pm
 Friday: 5:15 pm

Gym Hours

Mon & Wed: 6:00am - 8:30pm
 Tues & Thurs: 9:00am - 8:30pm
 Friday: 10:00am - 7:00pm
 Saturday: 9:00am - 12:00pm
 Sunday: CLOSED

JUMP! PUNCH! KICK! BLOCK!
USKO BIRTHDAY PARTIES ALWAYS ROCK!
 1 hour of karate games & activities with your favorite Sensei, VIP Gift cards for each of your guests! Ask the front desk for more info!

Important Dates!

Dec. 8th— Testing In Corona

Dec. 9th— Semi Contact Kickboxing Tournament

Dec. 25th— Closed Christmas Day

Dec. 28th— Black Belt Training & Toast @ 7pm

Save The Date:

Jan. 1st – Closed New Years Day Only

Bonus: Refer a Friend to do a week trial & receive **1 Free Ticket** to USKO Semi Contact Kickboxing Tournament

Office Hours

Mon-Thurs: 9:00am-8:30pm
 Friday: 10:00am-7:00pm
 Saturday: 9:00am-12:00pm