



# October 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
1 PASSING	2 Requirements	3 Requirements	4 Kata	5 Kata	6 Sparring	7 Sparring
8 SWEEPS	9 Self-Defense	10 Self-Defense	11 Requirements	12 Requirements	13 Kata	14 Kata
15 MOUNT/SIDE CONTROL	16 Sparring	17 Sparring	18 Self-Defense	19 Self-Defense	20 Testing Requirements	21 Requirements
22 BACK	23 Kata	24 Kata	25 Sparring	26 Sparring	27 Self-Defense	28 Self-Defense
29 GUARD	30 Requirements	31 Requirements				

## 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

### Yoga

Mornings: Mon, Wed & Fri: 7:00 am  
 Fri: 10:00am  
 Tues & Thurs: 3:30 pm  
 Friday: 4:15 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: 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!

**October 14th**—USKO BBQ, Karate Tournament & BJJ Promotion

**October 20th**—Testing In Corona

**October 21st**—USKO Fight Night

### Save The Date:

**Nov. 3rd**- Black Belt Testing in Riverside

**Bonus:** Refer a Friend and receive **2 Free Tickets** to USKO Fight Night 7 when they sign up!

### Office Hours

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