

# USKO Riverside Schedule - November 2018

KARATE CURRICULUM								
		MON	TUES	WED	THURS	FRI	SAT	SUN
BRAZILIAN JIU-JITSU CURRICULUM	GUARD	Requirements	Requirements	Kata	Kata	Sparring	Sparring	
	PASSING	5 OPEN Columbus Day Self-Defense	6 Self-Defense	7 Requirements	8 Requirements	9 Kata	10 Kata	11
	SWEEPS	12 Sparring	13 Sparring	14 Self-Defense	15 Self-Defense	16 Requirements	17 Semi-Contact Tournament Requirements	18
	MOUNT & SIDE	19 Kata	20 Kata	21 Sparring	22 Thanksgiving Sparring	23 Black Friday Self-Defense	24 Self-Defense	25
	BACK	26 Requirements	27 Requirements	28 Kata	29 Kata	30 Sparring	72 Sparring	

Adult Martial Arts Programs	MUAY THAI KICKBOXING		
	Mornings:	Mon Wed Fri & Sat	11:00 AM
	Evenings:	Mon Wed & Fri	6:00 PM
		Tues & Thurs	4:45 PM, 6:15 PM (Ladies)
Adult Martial Arts Programs	BRAZILIAN JIU-JITSU		
	Mornings:	Mon Wed Fri & Sat	10:00 AM
	Evenings:	Mon & Wed	6:15 PM
		Tues & Thurs	4:00 PM (Advanced), 7:00 PM
Adult Martial Arts Programs	KARATE		
	Evenings:	Mon & Weds	5:15 PM
		Tues & Thurs	6:30 PM
	Weekends:	Sat	9:00 AM

Adult Fitness Programs	FITNESS BOOTCAMP		
	Mornings:	Mon Wed & Fri	6:15 AM
	Evenings:	Mon & Wed	4:30 PM
		Tues & Thurs	6:15 PM
Adult Fitness Programs	FITNESS KICKBOXING		
	Mornings:	Mon Wed & Fri	5:30 AM
	Evenings:	Mon & Wed	3:30 PM, 5:15 PM, 6:45 PM
		Tues & Thurs	4:45 PM, 5:30 PM
	Fri	5:15 PM	
Weekends:	Sat	9:00 AM	

Kids Martial Arts Programs	MUAY THAI KICKBOXING			
	5-9 Years Old:	Mon & Wed	5:15 PM	
		Tues & Thurs	5:30 PM	
	9-14 Years Old:	Mon & Wed	4:30 PM	
		Tues & Thurs	6:15 PM	
	5-14 Years Old:	Fri	4:30 PM	
	Kids Martial Arts Programs	BRAZILIAN JIU-JITSU		
		5-9 Years Old:	Mon & Wed	4:30 PM
			Tues & Thurs	6:15 PM
		9-14 Years Old:	Mon & Wed	5:15 PM
			Tues & Thurs	5:30 PM
		5-14 Years Old:	Fri	4:45 PM
		Advanced:	Tues & Thurs	4:00 PM
		Weekends:	Sat	10:00 AM
<b>KARATE: Pee Wee, White &amp; Orange Belts</b>				
Evenings:		Mon & Wed	4:30 PM, 6:00 PM	
		Tues & Thurs	3:30 PM, 5:00 PM	
		Fri	4:30 PM, 6:00 PM	
Weekends:		Sat	10:30 AM	
<b>KARATE: All Purple &amp; Green Belts</b>				
Evenings:	Mon & Wed	5:15 PM, 6:30 PM		
	Tues & Thurs	4:15 PM		
	Fri	5:15 PM		
Weekends:	Sat	9:45 AM		
<b>KARATE: All Blue, Red &amp; Black Belts</b>				
Evenings:	Mon & Wed	3:30 PM		
	Tues & Thurs	5:45 PM		
Weekends:	Sat	9:00 AM		
<b>KARATE: All Ranks</b>				
Evenings:	Tues & Thurs	6:45 PM		

## Important Dates

Nov. 17<sup>th</sup> : Semi-Contact Tournament (REGISTER ONLINE)

Nov. 22<sup>nd</sup> : Happy Thanksgiving! - closed

Nov. 23<sup>rd</sup> : Black Friday - open

## November Promotions

- Pro-Shop Sale! T-Shirts 2 for \$32 & Karate Gi's 15% off!
- Refer a Friend and receive \$50 Pro-Shop Credit upon sign-up!

## UPCOMING:

- Upgrade your Membership to Gold BEFORE the annual price increase December 1<sup>st</sup>, 2018!
- STOCK UP on Private Lessons for \$45 and \$400 for 10 BEFORE Dec. 1<sup>st</sup>, 2018 available for \$50 and \$450 for 10!

Download the USKO APP through iTunes & Google Play:  
Class Schedules • Promotions • Weekly Challenges

USKO Riverside Dojo

6794 Brockton Ave., Riverside, CA 92506 • (951)686-1505

Mon & Wed: 6:00 AM-8:30 PM • Tues & Thurs: 9:00 AM-8:30 PM • Friday: 10 AM-7:00 PM • Sat: 8:45 AM-11:45 AM

www.USKOTraining.com