



# U.S. Martial Arts Center - South Lacey Schedule - Updated Sept 2013

4810 Yelm Hwy SE Ste. I, Lacey, WA 98503 - (360) 491-6088 - [www.martialartsolympia.com](http://www.martialartsolympia.com)

| Time        | Monday                           | Tuesday                             | Wednesday                            | Thursday                             | Friday  | Time  | Saturday  |
|-------------|----------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|---|---|-----------|
| 3:25 - 4:10 | All Belts                        | All Belts                           | All Belts                            | All Belts                            | Private Lessons<br>(By Appointment)           | 10:30 - 11:15   | All Belts |
| 4:15 - 4:55 | All Belts                        | Black Belt Club<br>(All Belts)      | All Belts                            | Leadership Club                      | All Belts                                     | <b>Ask USMAC Staff to Schedule:</b><br><br>Birthday Parties<br><br>Private Lessons<br><br>Self Defense Workshops<br>Family Defense Workshops<br>Bully Awareness Workshops<br>Character Development Workshops<br><br>Available to Members &<br>Non-Members |           |
| 5:00 - 5:40 | Beginners                        | All Belts                           | Beginners                            | All Belts                            | Black Belt Club<br>(All Belts)                |   |           |
| 5:45 - 6:30 | Master's Club                    | Beginners                           | Black Belt Club<br>(Int & Adv Belts) | Beginners                            | Sparring Team                                 |   |           |
| 6:35 - 7:20 | All Belts                        | All Belts                           | All Belts                            | Black Belt Club<br>(Int & Adv Belts) | All Belts                                     | Students 13 yrs. & Under must turn in<br>Home Report Card Weekly<br><br>Students must be ready to<br>participate in Class<br><br>Students must keep a Black Belt Attitude<br><br>Students & Guest must follow<br>USMAC Rules                              |           |
| 7:25 - 8:10 | Adult & Teenagers<br>(All Belts) | Private Lessons<br>(By Appointment) | Adult & Teenagers<br>(All Belts)     | Private Lessons<br>(By Appointment)  | Demo Team<br>@ West Olympia<br>7:05 - 8:05 pm |   |           |



**Beginners - White - Adv. Yellow Belt**  
**Intermediate - Purple - Adv. Blue Belt**  
**Advance - Brown - Black Belts**