



U.S. Martial Arts Center - Lacey Schedule

7233 Martin Way E., Olympia, WA 98516 - (360) 459-3661 - www.martialartsolympia.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
4:00 - 4:45	Beginners	All Belts	Beginners	All Belts		10:00 - 10:45	All Belts
4:50 - 5:35	Black Belt Club (Beg & Int)	Beginners	Black Belt Club (Beg & Int)	Beginners	Leadership Club 4:20 - 5:05 pm	Ask USMAC Staff to Schedule: Birthday Parties Private Lessons Self Defense Workshops Family Defense Workshops Bully Awareness Workshops Character Development Workshops Available to Members & Non-Members	
5:40 - 6:25	All Belts	Black Belt Club (Beg & Int)	All Belts	Black Belt Club (Beg & Int)	Black Belt Club (All Belts) 5:10 - 5:55 pm		
6:30 - 7:15	Black Belt Club (Adv & Black Belts)	All Belts	Black Belt Club (Adv & Black Belts)	All Belts	Sparring Team 6:00 - 7:00 pm		
7:20 - 8:05	Adult & Teenagers (All Belts)	Black Belt Club (Adv & Black Belts)	Adult & Teenagers (All Belts)	Master's Club	DEMO TEAM @ West Olympia (7:05 - 8:05 pm)		



Little Tiger (3-5 yrs)
Tuesday & Thursday
3:25 - 3:55 pm

All Belts (Adults)
Tuesday & Thursday
12:00 - 12:45 pm

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

Master's Club - Black Belts
Leadership Club - By Invitation

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Students 13 yrs. & Under must turn in Home Report Card Weekly
Students must be ready to participate in Class
Students must keep a Black Belt Attitude
Students & Guest must follow USMAC Rules
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