



U.S. Martial Arts Center - West Olympia Schedule

2302 Harrison Ave. NW Ste. 205, Olympia, WA 98502 - (360) 357-6433 - www.martialartsolympia.com

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Time | Saturday |
|-------------|------------------------|----------------------|------------------------|------------------------|---------------------------------------|--|----------|
| 3:30 - 4:15 | Beginner | Beginner | Beginner | Beginner | INSTRUCTOR CLUB | 10:00 - 10:45 | Beginner |
| 3:30 - 4:15 | A Class | A Class | B Class | B Class | | 10:00 - 10:45 | A Class |
| 4:20 - 5:05 | Beginner | Beginner | Beginner | Beginner | LEADERSHIP CLUB | 10:50 - 11:35 | Beginner |
| 4:20 - 5:05 | A Class | A Class | B Class | B Class | | 10:50 - 11:35 | B Class |
| 5:10 - 5:55 | Beginner | Beginner | Beginner | Beginner | Beginner | <p>Ask USMAC Staff to Schedule:</p> <p>Birthday Parties</p> <p>Private Lessons</p> <p>Self Defense Workshops</p> <p>Family Defense Workshops</p> <p>Bully Awareness Workshops</p> <p>Character Development Workshops</p> <p>Available to Members & Non-Members</p> | |
| 5:10 - 5:55 | A Class | A Class | B Class | B Class | A Class | | |
| 6:00 - 6:45 | Beginner | Beginner | Beginner | Beginner | SPARRING TEAM (6:00 - 7:00 pm) | | |
| 6:00 - 6:45 | A Class | A Class | B Class | B Class | | | |
| 6:50 - 7:35 | Beginner | MASTER'S CLUB | Beginner | Beginner | DEMO TEAM (7:05 - 8:05 pm) | | |
| 6:50 - 7:35 | Adult & Teenager Class | | Adult & Teenager Class | Adult & Teenager Class | | | |



Little Tiger (3-5 yrs)
Tuesday & Thursday
4:30 - 5:00 pm

All Belts (Adults)
Monday & Wednesday
12:00 - 12:45 pm

A & B Classes For:
Int BBC & Adv BBC
A Class - Yellow & Blue Tape
B Class - Green & Brown Tape

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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