



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
3:35 - 4:20	Beginner	Beginner	Beginner	Beginner	USMAC Instructor Club	10:00 - 10:50	Beginner
3:35 - 4:25	Int/Adv	Int/Adv	Black Belt Club	Int/Adv		10:00 - 10:50	Int/Adv
4:30 - 5:15	Beginner	Beginner	Beginner	Beginner	Leadership Club	11:00 - 11:50	Int/Adv
4:30 - 5:20	Int/Adv	Int/Adv	Int/Adv	Int/Adv		11:00 - 12:00	Tournament Team
5:25 - 6:10	Beginner	Beginner	Beginner	Beginner	Beginner	12:00 - 1:00	Tournament Team
5:25 - 6:15	Black Belt Club	Int/Adv	Int/Adv	Sparring	Black Belt Club		
6:20 - 7:05	Beginner	Beginner	Beginner	Beginner	Beginner	1:00 - 2:00	Demo Team
6:20 - 7:10	Int/Adv	Int/Adv	Int/Adv	Black Belt Club	Sparring		
7:15 - 8:00	Beginner	Master's Club	Sparring	Beginner	All Belt	2:30 - 4:00	Birthday Parties
7:15 - 8:05	Int/Adv (13 yrs +)		Int/Adv (13 yrs +)	Int/Adv (13 yrs +)			Self Defense Workshop
					Bully Seminar		

**Little Tigers
(3-4 yrs)
Tuesday & Thursday**

**Coming Soon
(13 yrs +)
Monday & Wednesday
12:00 - 12:50 pm**

Students must turn in Home Report Card weekly.

Students must arrive 10 minutes before class.

Students must keep a Black Belt Attitude.

Students & Guests must follow USMAC Rules

Beginners: White - Adv. Yellow Belt

Intermediate: Purple - Adv. Blue

Advance: Brown - Danbo



**Voted in 2009, 2010, 2011 #1 Best Martial Arts School In Washington
Changing Lives...One Black Belt At A Time**