

# Martial Arts USA Schedule

EFF. MAR 26th 2024

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
FRONT ROOM	BACK ROOM	FRONT ROOM	BACK ROOM	FRONT ROOM	BACK ROOM	FRONT ROOM	BACK ROOM	FRONT ROOM	FRONT ROOM
3:45 PM (45m) Beginner Dragons	3:45 PM (45m) Intermediate Dragons	3:45 PM (45m) Beginner Dragons	3:45 PM (30m) Little Dragons	3:45 PM (45m) Beginner Dragons	3:45 PM (45m) Intermediate Dragons	3:45 PM (45m) Beginner Dragons	3:45 PM (30m) Little Dragons	3:45 PM (30m) Little Dragons	9:00 AM (30m) Little Dragons
4:30 PM (45m) Advanced Dragons	4:30 PM (30m) Little Dragons	4:30 PM (45m) Intermediate Dragons	**MIDDLE RM** 4PM Competition Team (1.5 Hrs)	4:30 PM (45m) Advanced Dragons	4:30 PM (30m) Little Dragons	4:30 PM (45m) Intermediate Dragons		4:15 PM (45m) Beginner Dragons	9:30 AM (45m) Beginner Dragons
5:15 PM (30m) Little Dragons	5:00 PM (45m) Beginner Dragons	5:15 PM (45m) Advanced Dragons	**MIDDLE RM** 5:30 PM DEMO (30m)	5:15 PM (30m) Little Dragons	5:00 PM (45m) Beginner Dragons	5:15 PM (45m) Advanced Dragons		5:00 PM (45m) Int. & Adv. Dragons	10:15 AM (45m) Int. & Adv. Dragons
5:45 PM (45m) Intermediate Dragons	5:45 PM (45m) Advanced Dragons	6:00 PM (60m) Black Belts	6:00PM (60m) Teen Class	5:45 PM (45m) Intermediate Dragons	5:45 PM (45m) Advanced Dragons	6:00 PM (60m) Black Belts	6:00PM (60m) Teen Class	6:00PM (60m) Teen/Black Belt Sparring Class	11:00 AM (60m) Teen & Adult
6:30 PM (60m) Teen Class		7:00 PM (60m) Adult Class		6:30 PM (60m) Teen Class		7:00 PM (60m) Adult Class			

[www.martialartsusapetaluma.com](http://www.martialartsusapetaluma.com)

707.769.4745

Little Dragons: 4-6 Year Olds - Beg, Int, Adv Dragons: 7-11 Year Olds - Teen/Adults 12+ Years Olds

All students start with a 2-week trial. The cost is \$59 and includes a 30 minute orientation with a ructor (ages 4-11 only), a full white unifrom, white belt, and 2 weeks of classes (4-6 classes).  
Schedule your child's orientation by calling 707-769-4745