



Martial Arts USA Schedule

EFF. January 5th 2026

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
11:40 AM (30m) Deep Stretch Class (Adults Only)									
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 4: 00PM Comp. Team (1.5 Hrs) Seasonal	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		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 (11- 13 y/o)	5:45 PM (45m) Intermediate Dragons	5:45 PM (45m) Advanced Dragons	6:00 PM (60m) Black Belts	6:00PM (60m) Teen Class (11- 13 y/o)	6:00 PM (60m) Teen & Adult	11:00 AM (60m) Teen & Adult
6:30 PM (60m) Teen Class (14- 17 y/o)		7:00 PM (60m) Adult Class		6:30 PM (60m) Teen Class (14- 17 y/o)		7:00 PM (60m) Adult Class		7:00 PM (30m) Deep Stretch Class (Adults Only)	

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 uniform, white belt, and 2 weeks of classes (4-6 classes).

Schedule your child's orientation by calling 707-769-4745