



# U.S. Martial Arts Center - West Olympia Schedule

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
3:40 - 4:25	A Class	A Class	B Class	B Class		10:00 - 10:45	A Class
4:30 - 5:15	A Class	A Class	B Class	B Class	Sparring Team 5:00 - 6:30pm	10:50 - 11:35	B Class
5:20 - 6:05	A Class	A Class	B Class	B Class		12:00 - 1:00	Demo Team Lacey Dojang
6:10 - 6:55	A Class	A Class	B Class	B Class	Poomsae Team 6:30 - 8:00pm		
	Poomsae Team 7:00 - 8:30pm	<b>MASTER'S CLUB</b> 7:00 - 8:00pm (Black Belts Only)	Sparring Team 7:00 - 8:30pm	Leadership Club 7:00 - 8:00pm (Invite Only)			



**Ask Staff how to Join the Competition Team**

## Beginner Classes

Day	Time	Time
Monday	4:30pm	6:10pm
Tuesday	3:40pm	5:20pm
Wednesday	4:30pm	6:10pm
Thursday	3:40pm	5:20pm
Friday	none	none
Saturday	10:00am	10:50am

<b>Everyday Stripes</b> Black - Home Report Cards Red - Attitude, Attendance, Breaking White - Fitness
<b>A Class Stripes</b> Yellow - Poomsae, Stances, Blocks Blue - Kicks, Strikes
<b>B Class Stripes</b> Purple - Self Defense Green - One-Step Sparring Brown - Olympic Sparring

**Celebrate your BIRTHDAY with USMAC**

We take care of the:

- Cake
- Juice
- Decorations
- Invitations
- Activities
- Games
- Party Favors
- Clean Up