

**UNITED MARTIAL ARTS ACADEMY  
RANCHO CORDOVA, CA**



**EFFECTIVE – MONDAY, FEBRUARY 7<sup>TH</sup> 2022**

**CALL/TEXT: 916-586-6131**

**EMAIL: [info@unitedmartialartsacademy.com](mailto:info@unitedmartialartsacademy.com)**

**Web: [www.unitedmartialartsacademy.com](http://www.unitedmartialartsacademy.com)**

	MONDAY FORMS/WEAPONS	TUESDAY FORMS/WEAPONS	WEDNESDAY ALL CONTENT	THURSDAY FORMS/SPARRING	FRIDAY SPARRING	SATURDAY
ATTIRE	DOBOK ONLY	DOBOK ONLY	DOBOK ONLY	DOBOK ONLY	T-SHIRT/PANT	
4:45PM – 5:15PM	LIL NINJA TRIX	LITTLE DRAGONS	LIL NINJA TRIX	LITTLE DRAGONS	LIL NINJA TRIX	RESERVED FOR
5:15PM – 6:00PM	JR NINJA TRIX	BEGINNER & ALL BELTS	JR NINJA TRIX	BEGINNER & ALL BELTS	JR NINJA TRIX	PRIVATE LESSONS
6:00PM – 6:45PM	BEGINNER & ALL BELTS	WEAPONS APPRENTICE	BEGINNER & ALL BELTS	INTERMEDIATE CLASS	LEVEL 1 SPARRING	SEMINARS
6:45PM – 7:30PM	INTERMEDIATE CLASS	INTERMEDIATE CLASS	INTERMEDIATE CLASS	WEAPONS MASTERY	LEVEL 2 SPARRING 60 MINUTES	BIRTHDAYS
7:30PM – 8:15PM	ADVANCED CLASS	ADVANCED CLASS	ADVANCED CLASS	ADVANCED CLASS		PNO



**WE ARE A BLACK BELT ACADEMY!**

**THE BEST COMPLIMENT YOU CAN GIVE OUR SCHOOL IS A REFERRAL!**

SCAN FOR ONE FREE VIP CLASS

PLAZA DE ORO | 2951 Sunrise Blvd #120 | RANCHO CORDOVA, CALIFORNIA 95742