

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



EFFECTIVE – MONDAY, MAY 2ND 2022

CALL/TEXT: 916-586-6131

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Web: 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	INTERMEDIATE CLASS	BEGINNER & ALL BELTS	INTERMEDIATE CLASS	LEVEL 1 SPARRING	SEMINARS
6:45PM – 7:30PM	INTERMEDIATE CLASS	ADVANCED CLASS	INTERMEDIATE CLASS	ADVANCED CLASS	WEAPONS ONLY	BIRTHDAYS
7:30PM – 8:15PM	ADVANCED CLASS	POOM & BLACK BELT ONLY CLASS (60 MINUTES)	ADVANCED CLASS	POOM & BLACK BELT ONLY CLASS (60 MINUTES)	LEVEL 2 SPARRING (60 MINUTES)	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